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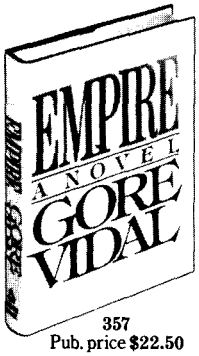

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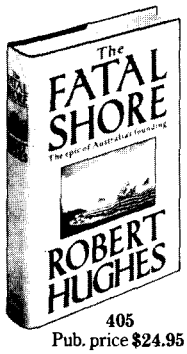

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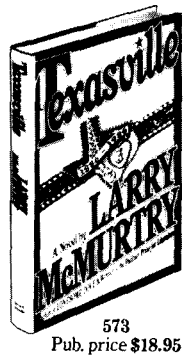

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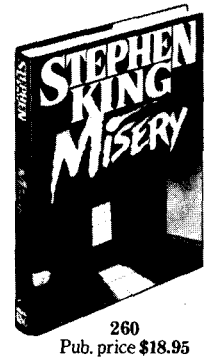

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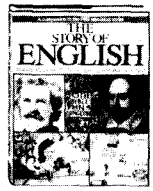

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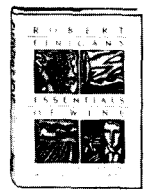

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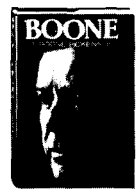

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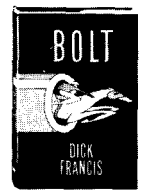

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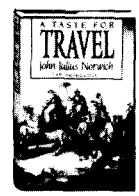

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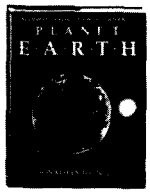

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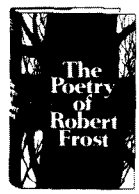

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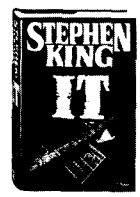

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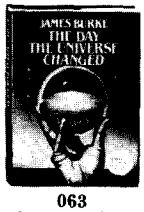

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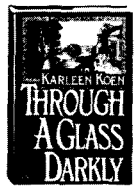

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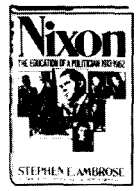

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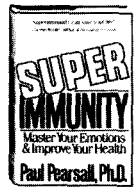

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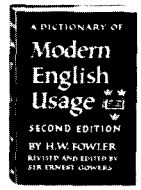

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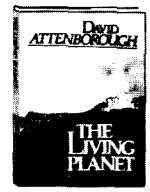

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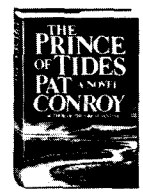

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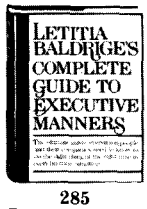

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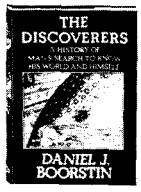

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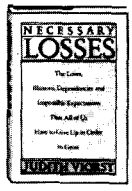

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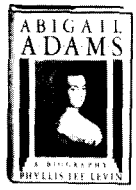

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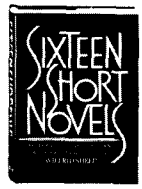

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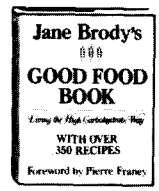

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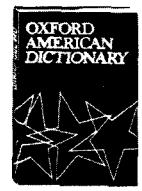

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THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
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The Saturday Evening Post (ISSN: 0048-9239), incorporating *Country Gentleman*, is published monthly in 1987, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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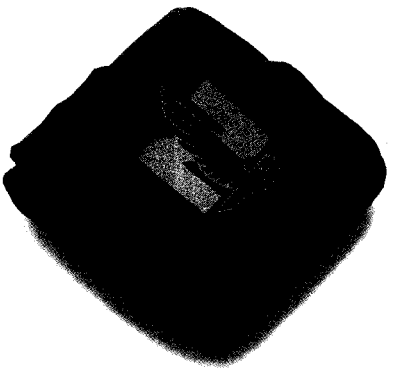

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Letters

Hyperthermia Concerns

Thank you for an excellent magazine. I appreciate the entire scope of articles, features, stories, etc.

However, I am extremely anxious to find out more concerning "malignant hyperthermia." Our 25-year-old daughter-in-law was injured in a snowmobile accident 16 months ago. She nearly died during surgery—her entire body went into spasms or convulsions, and doctors and nurses, as well as hospital technicians, still speak of her as their walking "miracle."

She was later sent to Northwestern Memorial Hospital for a muscle biopsy to determine which of several anesthetics used caused the problem.

It was quite a while before she got any information after the biopsy.

The main thing she found out was that they still don't know which anesthetic caused the problem. She definitely needs to wear a tag in case of an emergency, but what would they put on the tag? Are there any tests other than muscle biopsies to determine this?

Ruth H. Trotter
Elkhart, Indiana

Editor's note: Our LifeCare Digest transcript and SatEvePost *review paper on malignant hyperthermia are being mailed to you.*

Grandma Has Genital Herpes

I am nearly 70 years old; my only sex partner has been my husband of 40 years. Our last intercourse was five months ago. I joined a Y.M.C.A. for my arthritis, and I now have genital herpes. I want to know how I got it. My doctor said my blood tested out at the lowest level, indicating that I had gotten the virus recently.

I have read every book I can about herpes, and they all say genital herpes can only be gotten through sexual intercourse. So where does that leave me? Surely I cannot be the only one who has obtained this infection without benefit of sex. I am horrified, I feel degraded, and I am in the "pits." Thank heaven I have an understanding husband who has been a great help through this crisis.

I've had fever blisters all my life, as

continued on following page

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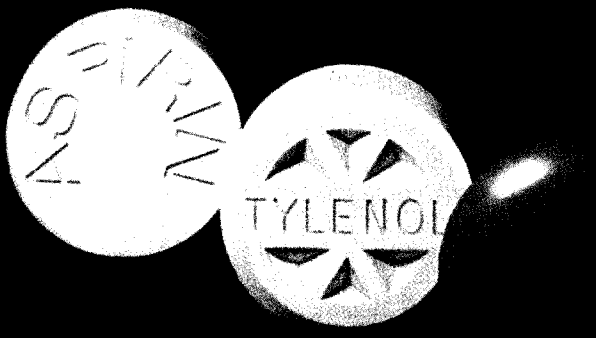

Today pharmacists are recommending Advil for minor arthritis pain more than any brand of pain reliever. And doctors trust Advil so much that they've recommended it over five million times for body aches, headaches, minor arthritis pain and other kinds of pain.

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have other members of my family, even my grandchildren. I have had shingles in my mouth, and my immune system could be low due to stress. I am going through some tests now for allergies and have severe reactions to chemicals.

Please help me understand all this. My doctor is as much at a loss as I am. If the disease can be transmitted without benefit of sex, please let us know about it—I surely cannot be the only person. Think of the guilt some women must have to go through who have husbands not as understanding as mine. If I were younger, perhaps he would have said, "A likely story," back to the days when women said they caught a venereal disease from a toilet seat.

Even though I have done nothing to feel guilty about, I do!

For obvious reasons, I cannot sign my name. I would be disgraced if my family found out about grandma having genital herpes.

A fan of yours

Relief Is Spelled: L-Y-S-I-N-E

Thank you for sending me the articles on herpes. They have been a big help to me.

I have what my dermatologist calls dermatitis herpetiformis—a common skin disease, incurable, noncontagious—and they don't know how one gets it.

Well, thanks to your articles I do know why I got it. My diet was full of chocolate, nuts, and all the things on the arginine list. Last July I broke out in the genital area after being galled by Tide soap not being rinsed properly from my underclothes. I have fought it continually since then and always broke out after company came. No wonder! Every time they came they brought a pound of Fannie-May chocolates and a tin of nuts to eat while playing cards. I started taking L-lysine in March, 1,000 mg a day, but didn't see much improvement until you sent the articles. I upped my dosage to 2,000 mg a day and quit eating chocolate and nuts. Also, I ate more cheese. I feel 100 percent better. No lesions and no itching. When I'm absolutely sure it's all gone, I'll lower my dosage to 500 or 1,000 mg a day, depending on whether I eat high-arginine foods.

My doctor said the only relief for what I had was sulfa drugs, to which I am highly allergic. When I went to him I was covered with smallpox-like blisters, except none on my face, none on my legs from calf down, and none on my upper back. I had them in my ears, nose, and mouth. I couldn't imagine going through the rest of my life fighting attacks like that with ice packs and aloe gel. Now at last, I've found true relief.

Thank you, *Saturday Evening Post*, for being my lifesaver. (If not life, certainly a saver of my mind.)

Nila Salyers
Huntsville, Arkansas

No Butts About It

I am writing because I recently learned that you do not accept cigarette advertisements in your magazine, and I think that you should be congratulated! If I ever was to choose between subscribing to your magazine or your competitor's, I would choose yours regardless of any other differences because that's how strongly I feel about the hazards of cigarette smoking.

Cigarettes are one of the biggest lies ever perpetrated on the American public. Young people especially are fooled into cigarette addiction by the

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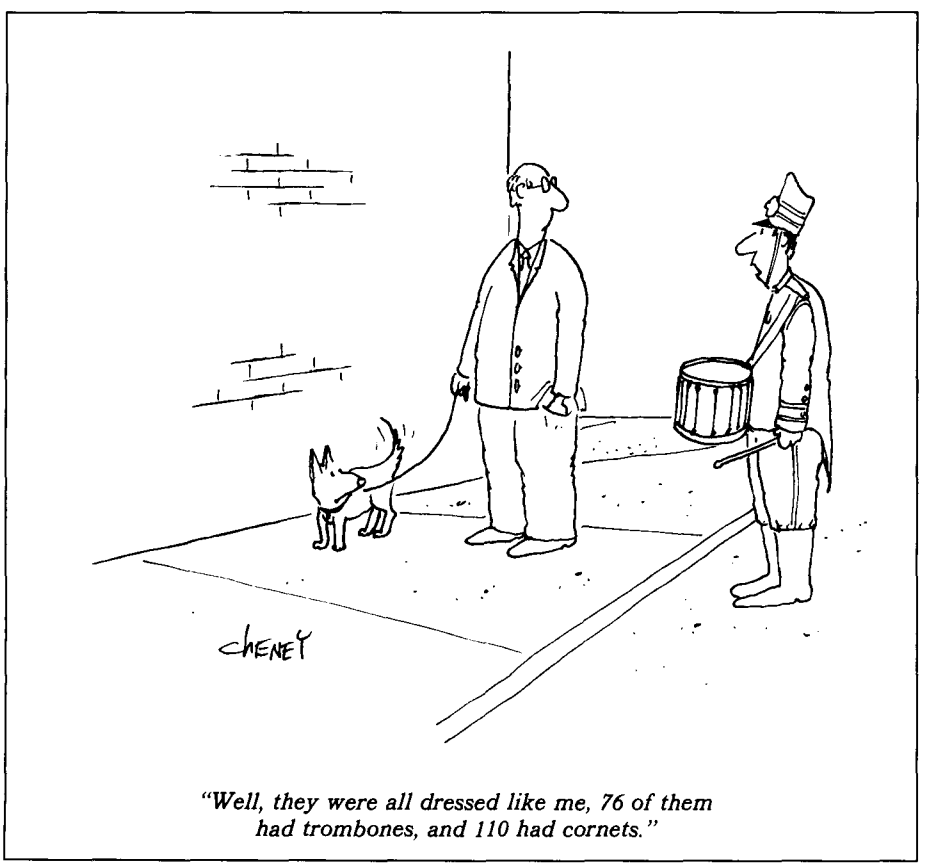

"Well, they were all dressed like me, 76 of them had trombones, and 110 had cornets."

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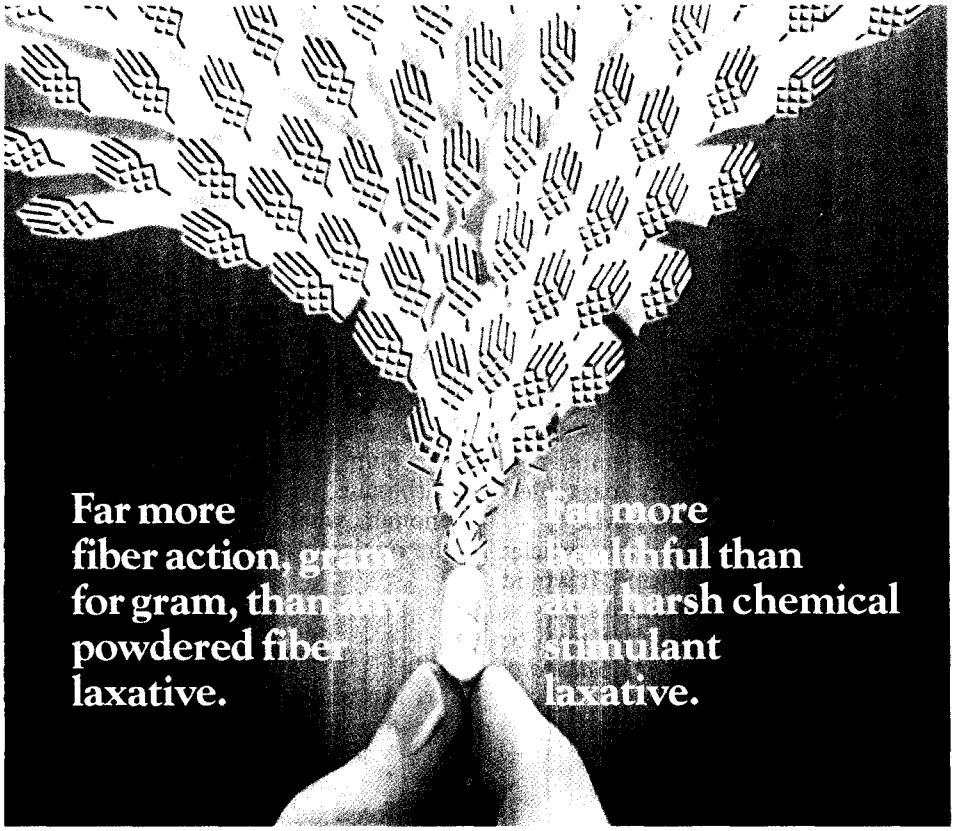
MAJOR ADVANCE IN LAXATIVE SCIENCE

FIBERCON™ TABLETS ARE HERE.



Change your thinking about laxatives. Because, today, laxative science has developed a new way for you to enjoy healthy regularity and good digestive health. FiberCon tablets are here.

With FiberCon, you will get up to 4 times more fiber action than even the leading bulk fiber laxative can give you.

And you will get a healthful, natural nudge toward normal regularity that no harsh, chemical laxative can approach.

Not forced regularity. Healthy regularity.

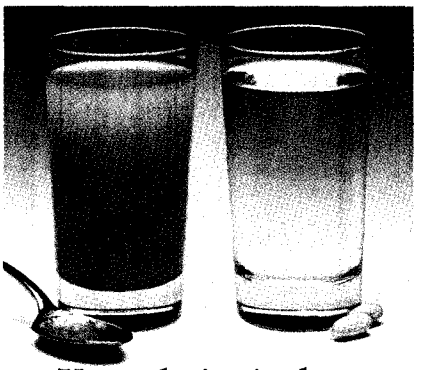
Do *not* expect FiberCon to rush you back to regularity. Your digestive system was never meant to work that way.

Instead, FiberCon has a wholesome ability to unite with your body's natural digestive fluids. To gently add bulk, to gently soften, to gently coax your natural digestive rhythms to return. Within a normal timespan.

Fiber action without fiber mess.

No measuring. No mixing. No thick liquids to drink.

You simply take FiberCon tablets with water or your favorite beverage. Take them at home, at work, at a restaurant—anywhere that's convenient for you.



Your choice is clear

Two FiberCon tablets give you all the benefits of a whole glassful of powdered fiber laxative.

More FiberCon benefits.

While FiberCon is working to restore healthy regularity, it delivers several extra benefits to you.

FiberCon is far less likely to give you a bloated, too-full feeling. FiberCon is rich in calcium. And each tablet contains less than *one calorie*.

Laxative science has produced a major advance.

Its name is FiberCon.

Helps Maintain Regularity for Good Digestive Health
NEW
Bulk-Forming Fiber Laxative
FiberCon
Fiber Action Concentrated in a Tablet
Natural Action of Fiber for Healthy Regularity

© 1987, Lederle Laboratories 989-6

Everything you take a fiber laxative for. And more.

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seductive, high-gloss cigarette ads bombarding most journalistic publications. In this day and age where money reigns supreme, I am very proud of your magazine for not succumbing to the temptation.

I've enclosed a page from the *New England Journal of Medicine* that states some pretty horrifying facts about cigarette smoking. Although you may already be aware of these facts, I found them astounding and thought I'd pass them on. The full article is quite long and can be obtained from the Congressional Research Service in Washington, D.C.

Best of luck with your magazine.

Joseph W. Cherner
New York, New York

Melanoma Cancer

Someone gave me a copy of your September 1986 issue that had a very good article about melanoma cancer. Somehow that magazine disappeared, and I am very disappointed. My husband died of it here in December '86, and I was using that article to warn people of the telltale brown spot it starts with, which we ignored for three years till it was in his lymph glands—and then it was too far gone.

In February '86, he had the lump out from under his arm, but if it's taken off when the brown spot (or one of a few other colors) first appears, it's curable. Our doctors said this and your article did also.

I was wondering if I could buy a back issue of this (September '86) or if not, a reprint of the article done in color. Please let me know.

Mrs. Enas Hege
Shippensburg, Pennsylvania

Editor's note: Your magazine is on its way.

Directory Question

I am a longtime subscriber to *The Saturday Evening Post*. After reading the magazine I pass it on to others for their enjoyment. Now I wish I had saved some issues for reference.

Recently I have spoken to people about the articles in *The Saturday Evening Post* about the use of lysine for shingles. Since I no longer have the articles that appeared in the *Post*, could you send me the information on the use of lysine for shingles? The amount to use? How to use? Where it is obtainable? Etc. If I remember correctly, you do have some pamphlets on this. Will you kindly advise?

You have published many articles on various health problems. It would be helpful if in some future issue you would publish material that may be available through *The Saturday Evening Post* or give the places where it is available. In this way your readers would have a handy reference guide.

Roland C. Bosse
Westlake, Ohio

Editor's note: Thanks for your suggestion. We're preparing the list for the September issue.

Tums and Tinnitus

In your November issue a lady wrote of bloating from taking calcium carbonate. I would like to tell of another potential problem because of calcium carbonate.

I am unable to digest milk, even with Lactaid, which does help, so I must take calcium supplements. I had been taking bonemeal and dolomite until my doctor recommended Tums as a cheap source of calcium. After taking them for about a week I noticed a ringing in my ears that was quite constant and getting worse. After another week or two I wondered if the Tums, which are mostly calcium carbonate, could be causing it. Sure enough, when I discontinued them, the ringing gradually went away.

Rena Sarske
Kingsley, Michigan

Sold on Selleck

I just wanted to tell you when I was growing up *The Saturday Evening Post* was the only magazine we ever had, and my dad loved and read it from one end to the other.

I loved your cover with Tom Selleck. He is our favorite star at our house. We watch "Magnum, P.I." every week, and when we are not home we tape it.

As to what Tom will do next, whatever he does he will always be a success. He is not only very handsome, but he has talent and personality. He is a gentleman and has humility, something you find all too seldom in TV or movie stars these days.

Most people my age (66) relate to Tom as we would to a son, especially mine, who looks enough like Tom to be a brother. He was in the navy and was a medic with the 5th Marine Division. He was in many firefights and was seriously wounded in June 1968. He became a policeman for ten years and is now a P.I.

As for Rex Reed, I don't recall that

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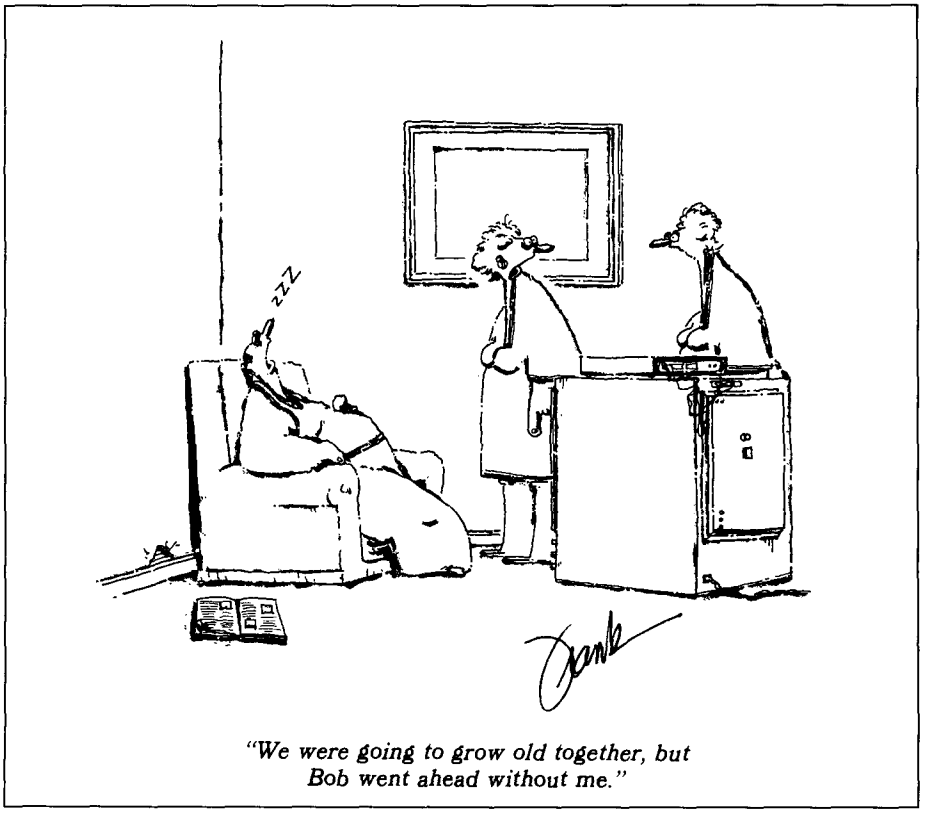

"We were going to grow old together, but Bob went ahead without me."

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Bring into your home the beauty of...

GENUINE HAND-SEWN CREWEL EMBROIDERY!

"Rebecca's Portrait" by Jessie Willcox Smith

Beautiful crewelwork, elegantly mounted under glass in a hardwood frame, ready for wall-hanging

Now you can decorate your home with a work of real hand-sewn crewel embroidery — mounted, matted and framed under glass, ready to hang!

Surely, few crafts can bring to life a work of art as beautifully as embroidery. The variety of yarns, stitches and colors combine to produce an effect that can only be called stunning.

Hand-embroidered beauty

"Rebecca's Portrait" was painted by Miss Smith in 1922 for the April cover of *Good Housekeeping* magazine. A timeless portrayal of a sweet Victorian-era child, it captured the hearts of Americans when it was first published, and it continues to captivate all who see it today.

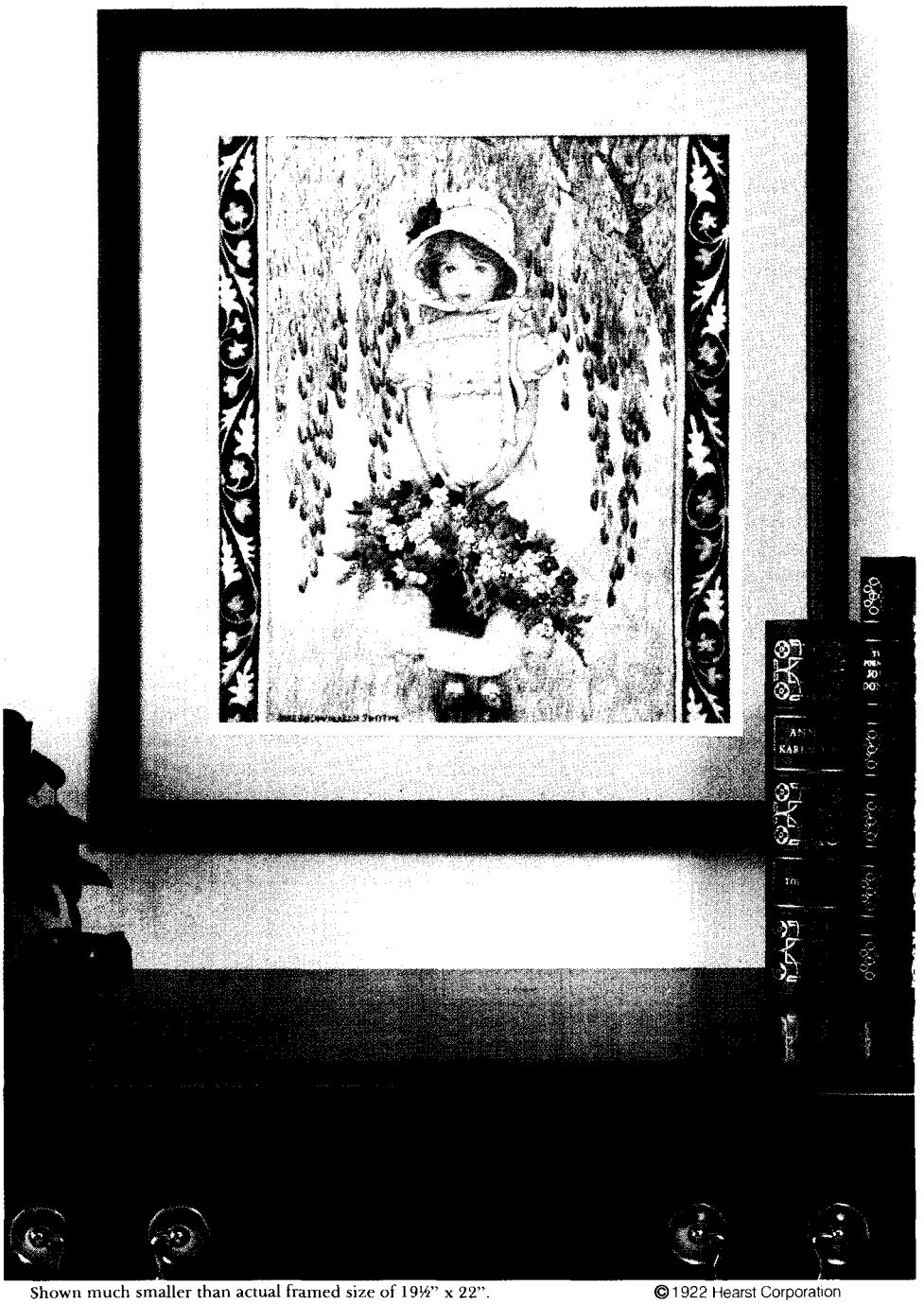
Now, all the enchantment of this compelling piece has been beautifully captured in crewel embroidery. Hand-stitches of cotton and wool yarn highlight Rebecca's captivating portrait and bring her amazingly to life.

An impressive size — at a most impressive price!

This enchanting needlework is surprisingly large — a full 19½" x 22" including the elegant hardwood frame. And it is amazingly affordable considering that it's embroidered by hand, and framed — just $120, payable in four convenient monthly installments of $30 each.

Beautiful hand-sewn details make this a piece that you will display with pride in your home.

"Rebecca's Portrait" will be sent to you complete and ready to hang in your home. In addition, you will receive a serially-numbered Certificate of Ownership. Remember, the finished piece is available exclusively from the Danbury Mint. To acquire "Rebecca's Portrait," you need send no money now. Simply complete and return the Reservation Application.



Shown much smaller than actual framed size of 19½" x 22".

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RESERVATION APPLICATION

Please return promptly.

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please accept my reservation for "Rebecca's Portrait" by Jessie Willcox Smith, a charming work of real hand-sewn crewel embroidery. It will come complete — mounted, matted and framed under glass — ready for wall-hanging.

I need send no money now. I will pay in four convenient monthly installments of just $30* each, the first before shipment. If I am not completely satisfied, I may return the piece within thirty days for replacement or refund.

* Plus $1.25 per installment for shipping and handling.

Please allow eight to twelve weeks after initial payment for shipment.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment billed to your: ☐ MasterCard ☐ VISA

Credit Card No. _____ Expiration Date _____

Signature _____

D20

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he ever won the Emmy or the Academy Award. As for Tom being too big for the screen, what about John Wayne or James Arness?

Mr. Reed is a small man indeed in more ways than one.

If Tom reads this magazine, we want to wish him the very best always. We will miss seeing him on television but will look forward to his movies.

I have enjoyed all his past movies.

Frances Klingaman
Castle Rock, Washington

Pop Goes the Bag

Your article in December *SEP* regarding seat belts and air bags brings some questions to mind. In police reports of accidents, seat belts are listed as lifesaving devices, which I believe in and have used for years, but I would question the necessity of both seat belts and air bags, and before any governmental group fouls up (look what they did to the telephone system) and asks that they specify both, some further questions should be answered.

1. Do air bags protect both the driver and the other front-seat passenger?

2. After an accident do you repack an air bag as you do a parachute or do you require a new purchase?

3. What is their cost?

4. Does your full-coverage insurance cover the cost of a new one if required?

5. I've heard they sometimes abort —what would happen if it did when you are in the inside lane of a four-lane highway?

These questions are important as we cannot all afford Cadillacs, have jobs with 16 percent raises, and take trips to foreign countries paid by others. Unless it is proven superior and not more expensive than seat belts, an air bag should be considered as a buyer option on an already high-priced product. And I'm not putting product cost above cost of human life.

I recently phoned these five listed questions to four large automobile dealers in a city where automobiles are manufactured.

- Three salesmen said yes to No. 1.
- Fourth salesman didn't know.
- None could answer 2, 3, 4, or 5.
- I was finally referred to a service manager who was of the impression a new air bag would be required—had no idea of its cost.

Could we for once leave politics out of this?

Hale McKinney
Grand Ledge, Michigan

Magnum's Force

I thoroughly enjoyed your article entitled "Tom Selleck: What's Next?" in your March 1987 issue. I have been a fan of Tom's since his magazine-ad days and was surprised and delighted by his tremendous popularity and success. He is not only very handsome, but a wonderful human being. One tires easily of boring, selfish, conceited "stars." Tom Selleck has remained on top because he deserves it. Even my three-year-old daughter loves him—calls him "Maggum" and imitates his eyebrow raising. Here's to more nice guys in this world.

Alison J. A'Brial
Stuyvesant, New York

"Are You a Wimp?"

Your April '87 issue had a picture of Diane Sawyer on the cover. Inside on your masthead you again showed a picture of Sawyer and below it a cartoon with a caption "What made us sick."

Well, Diane Sawyer made me sick in a recent "60 Minutes" television edition during her interview with Vice President George Bush. Here's a man who was a pilot hero in World War II, head of the CIA, a congressman, and now Vice President—that stupid Sawyer had the gall to ask, "Are you a wimp?" A low in television news. What are her credentials besides a so-so pretty face?

Bill Carpenter
Fort Worth, Texas

Spare That Tree

Dear Andy Rooney:
c/o *The Saturday Evening Post*
About that maple tree—my sentiments exactly.
Poem enclosed.

Arboretum Ad Infinitum

The most awful terrible sound to me
Is the electric buzz saw downing a tree.
Lumberman, don't you touch that hickory;
Please let those birds and bugs and branches be. . . .

Marta Altman
Moultonboro, New Hampshire

"Of course, your mileage may vary."

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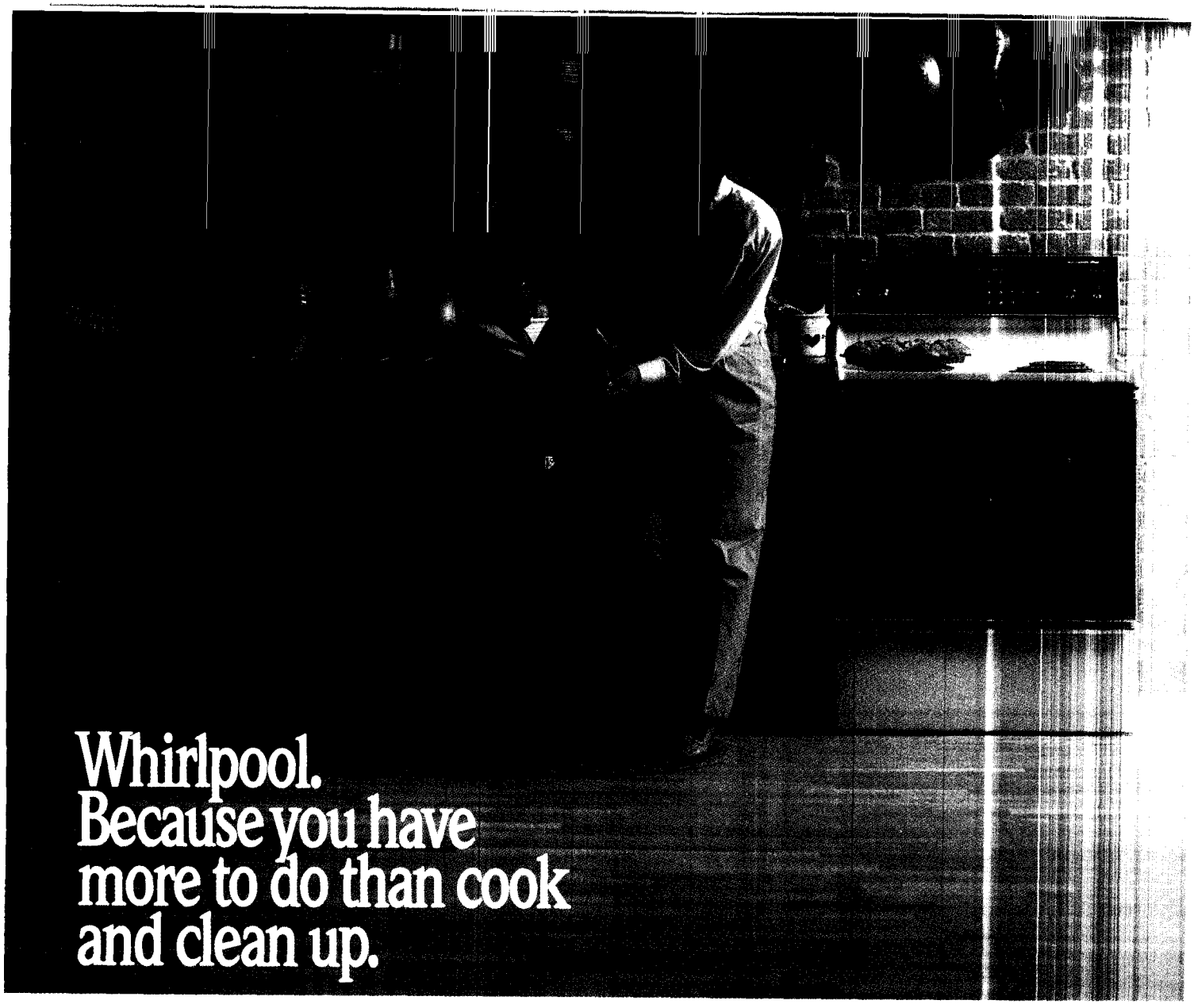

Your life may be busier than ever. But you want to serve hot meals whenever you can. That's why Whirlpool® ranges and ovens are designed for easy cooking and easy clean-up. So you can spend more time entertaining the troops, and still enjoy delicious, home-cooked meals.

Cleaning made easy by Whirlpool.
You don't look forward to cleaning up. So our Spillguard™ cooktops have raised edges to help contain spills. And they lift up so you can clean underneath easily. Our smooth oven interiors are easy to clean. And Whirlpool self-cleaning ovens in gas or electric models even take care of this job for you. It just doesn't get any easier than that.

The right features for easy cooking.
Surface elements on our electric ranges heat up and cool down fast. And you aren't limited to only four or five heat settings. You can adjust anywhere from lukewarm to boiling hot. All our controls are easy to use, especially our newest electronic touch controls.

You'll like it or we'll replace it free. Buy any new Whirlpool major appliance from a retail dealer. You'll be satisfied with its quality and performance, or we'll replace it free for up to a year.* That's part of our 100% Customer Commitment. And it's one more way we make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

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*Includes delivery and installation of new appliance and removal of old appliance. Offer good in the 50 states only. For details, see your retail dealer.

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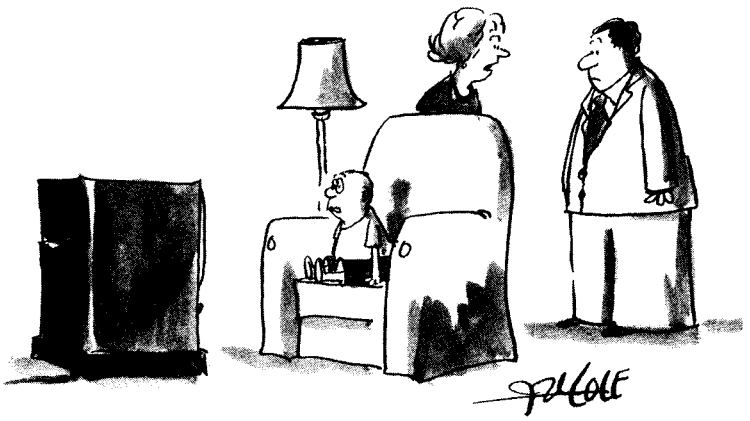
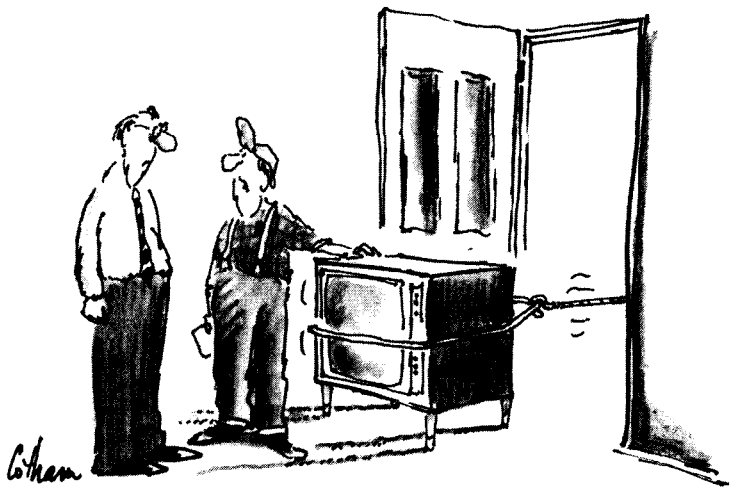
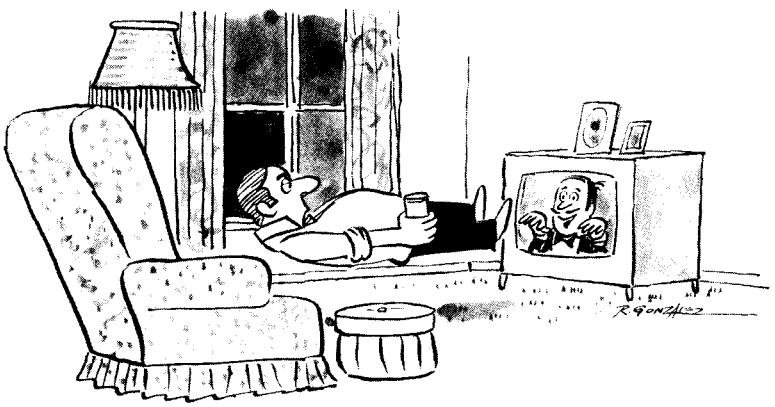


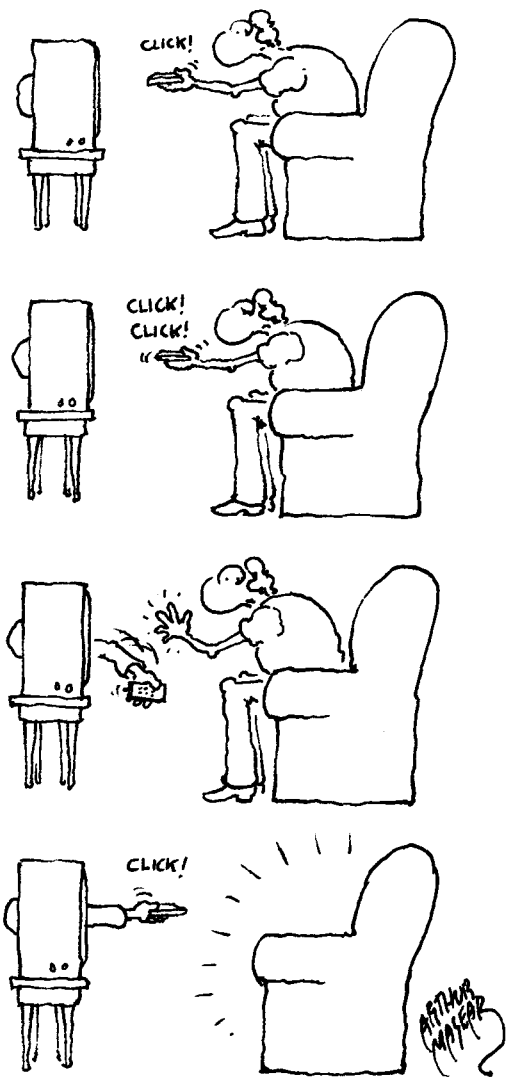
"He saw his first rerun today and thought he was cracking up!"



"I'm afraid we're going to have to tow it to the shop."



"Oh, no! Another one of those phony magicians!"



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THE LIVING SYMBOL OF OUR NATION'S FREEDOM

AMERICAN MAJESTY

BY RONALD VAN RUYCKEVELT

Commissioned by The Franklin Mint in honor of the U.S. Constitution's 200th anniversary.

AMERICAN MAJESTY. An exhilarating tribute to our heritage and liberty. An American masterpiece by Ronald Van Ruyckevelt, whose works have been presented to such world leaders as President Kennedy, Queen Elizabeth II and the Emperor of Japan.

Experience his genius. In a sculpture as powerful as the American eagle. A new and original work of art—*individually handcrafted and hand-painted*—in imported porcelain of exceptional quality.

American Majesty by Ronald Van Ruyckevelt. A sculpture destined for glory. Available exclusively through The Franklin Mint.

Shown smaller than actual size of 15-1/2" in height including hardwood base.

To acquire, mail by August 31, 1987.

The Franklin Mint
Franklin Center, PA 19091
Please enter my order for *American Majesty*, an original work of art in fine hand-painted porcelain, at the issue price of $195.*

I need send no money now. I will be billed in five monthly installments of $39.* each, with the first payment due when my sculpture is ready.

**Plus my state sales tax and a total of $3. for shipping and handling.*

SIGNATURE _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE.

MR
MRS
MISS _____
PLEASE PRINT CLEARLY

ADDRESS _____

CITY _____

STATE, ZIP _____

57

The Franklin Mint

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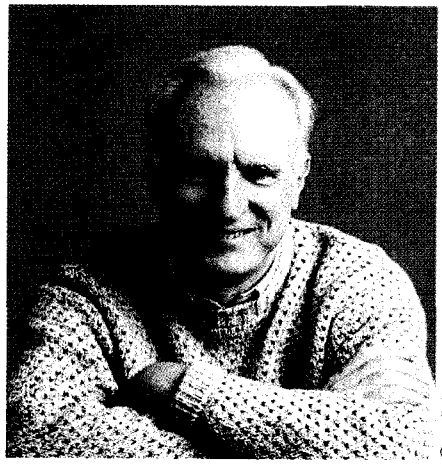
Post People

Diana, Princess of Wales, is also proving to be the princess of wails, aiding and encouraging those who suffer. Only recently, the British were moved when she visited AIDS victims. Her countrypeople loved her even more after she invited 500 handicapped children on a minicruise aboard the *Queen Elizabeth II*, a one-day outing that took them from Southampton to the Isle of Wight.

"At the end of *Pretty Baby*," one critic wrote of ***Brooke Shields'*** first major movie, "you're more intrigued by what the future holds for Brooke Shields than what it held for Violet [whom 12-year-old Brooke played]."

What the future held for this dazzling beauty, who began her modeling career at 11 months as an Ivory soap baby, includes: a degree from Princeton, 11 feature films, 3 TV movies, 18 Bob Hope TV specials, and dozens of commercials. In her latest film, *Brenda Starr,* Brooke shows off her delicious flair for comedy.

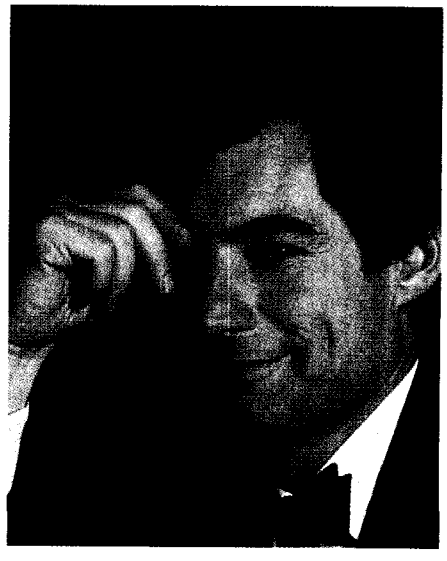
Minister/Mayor is the name of a new book from Westminster Press by ***William H. Hudnut III***, the three-term mayor of Indianapolis who is known nationally from his days as the president of the National League of



Casalini

Cities and as a congressman from Indiana. A Princeton University Phi Beta Kappa and a summa cum laude graduate from Union Theological Seminary, Mayor Hudnut is living proof that with his kind of smarts, separation of church and state is a cinch. His son William H. Hudnut IV, the fourth generation of Hudnuts to graduate from Princeton, is making waves in Manhattan as an investment banker and the most eligible young bachelor about town.

Who better than ***Bette Davis*** and ***Lillian Gish***, two of the biggest names in the movie business, to co-star in a nostalgic film based on the biggest of mammals? *Whales of August* has the two "sisters" spending their usual summer holiday on an island off the coast of Maine, near waters where whales once swam. Here's a movie that's sure to make waves.



Timothy Dalton, labeled the "Most Dangerous Bond of All," has inherited the role of Ian Fleming's James Bond, Agent 007. He has the starring role in *The Living Daylights*, which marks the 25th anniversary of Bond films.

So certain was producer Albert R. Broccoli that Dalton would uphold the Bond tradition, he offered the 6'2", blue-eyed actor the part a full seven years ago.

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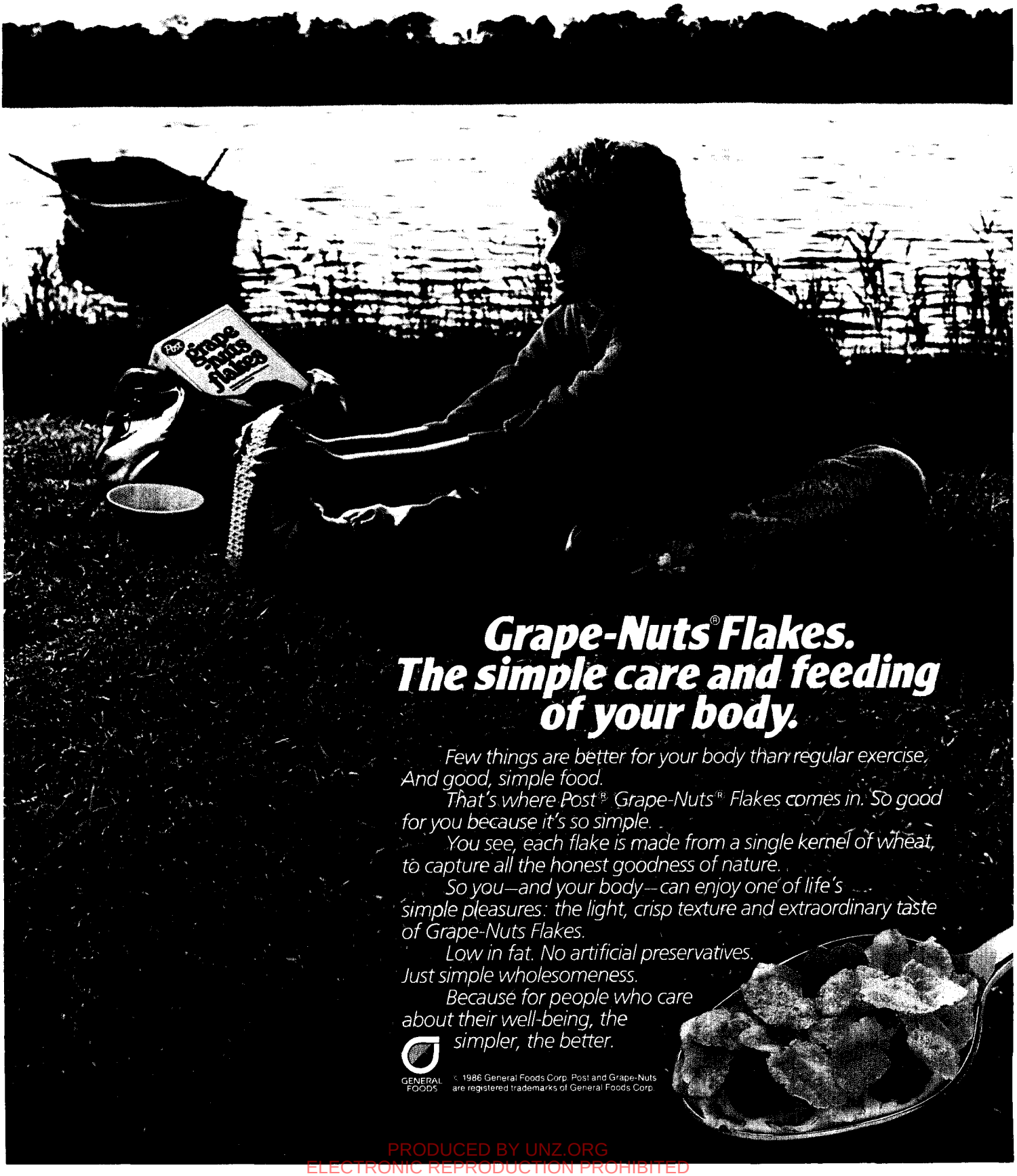

Grape-Nuts® Flakes. The simple care and feeding of your body.

Few things are better for your body than regular exercise. And good, simple food.

That's where Post® Grape-Nuts® Flakes comes in. So good for you because it's so simple.

You see, each flake is made from a single kernel of wheat, to capture all the honest goodness of nature.

So you—and your body—can enjoy one of life's simple pleasures: the light, crisp texture and extraordinary taste of Grape-Nuts Flakes.

Low in fat. No artificial preservatives. Just simple wholesomeness.

Because for people who care about their well-being, the simpler, the better.

GENERAL FOODS

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by Mother Teresa

ne day, I was walking down the streets of London, and I saw a man quite drunk. He was looking so sad and miserable! I went right up to him and took his hand, shook it, and asked, "How are you?" (My hand is always warm.) And he said, "Oh, after so long I feel the warmth of a human hand!" And his face lit up. And his face was different. I only want to say that small things, done in great love, bring joy and peace. One day, a girl from a Paris university came to work in Calcutta. Her face was marked by worry, but after some weeks of work in the Home of the Dying, she came to me and said, "I have found God." "Where?" I asked her. And she said to me, "I found Him in the Home for the Dying." "And what did you do?" I inquired. "I sent a telegram to my parents saying I have found God." Feel often during the day the need for prayer and take trouble to pray. Prayer enlarges the heart until it is capable of containing God's gift of Himself. Ask and seek, and your heart will grow big enough to receive Him and to keep Him as your own. Wherever God has put you, that is your vocation. It is not what we do but how much love we put into it.

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The original McGuffey's Readers were different. They were Christian

Now they're available again after 125 years. You can get the full set here and SAVE $70

FREE BOOK Free with each set: *McGuffey and His Readers: Piety, Morality and Education in 19th Century America* **by John H. Westerhoff III**

Rev. William McGuffey published his legendary Readers in the 1830s. Later editions, from 1857 on, were revised without his approval, and expurgated most references to religion. They were still excellent texts, but no longer Christian texts.

Now a Christian publisher, Mott Media, has reprinted the originals. We are offering them, with pride and admiration, for parents, godparents and grandparents who care enough to teach at home, or at least to *help*, the children they love.

The Original McGuffeys: 7 superb texts

Pictorial Eclectic Primer for Young Children. For kindergarten or pre-kindergarten: the alphabet, simple sentences and stories, charming original engravings.

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COOL IT FOR SUMMER

The long, hot summer is the ideal time for a quick, easy, and deliciously cool microwave menu.

by Jacquelyn Nyenhuis

Outside, the heat is *on*. All day the air conditioner works overtime to keep you oh-so-comfortably cool, and then along comes mealtime. Time to set the stove on 400, right? Wrong. Take the heat off the summer menu by sliding down the counter to the microwave. When it's hot out, cool, quick, and easy recipes are the order of the day.

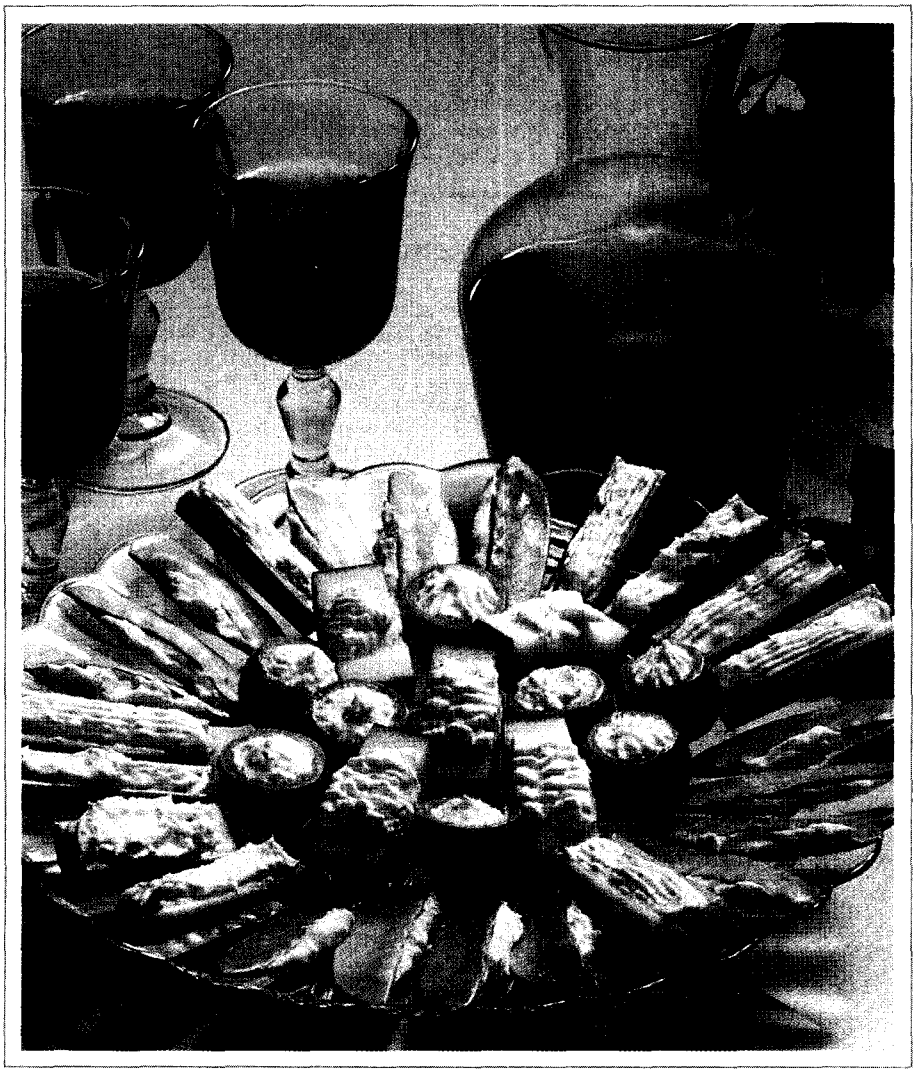
Cool Spinach Soup is a refreshing, light summer appetizer. Combine the best of summer—fresh vegetables—with a smidgen of almonds, and ladle up this cool cup of goodness that will please even the most finicky of tastes.

Thirst quenchers are summertime staples. Try this original: Banana Slush, a sweet retreat to bananas and strawberries in lemony pineapple-orange juices. No one at your patio party will resist a large glass of this fruit-flavored slush.

Planning a light luncheon or a brunch entrée? Salmon Pinwheel is your headliner. This entrée is a whole-wheat yeast bread encasing a savory salmon filling. Remember that microwaving bread requires extra attention. Microwaved bread is done when the top springs back after a light touch.

Test the bread when the minimum cooking time is up. Allow the salmon loaf to cool and then slice it into one-inch servings.

Keep your cool in good taste with these light and easy microwave suggestions.



The right stuff for summer: Salmon Zucchini Appetizers can be served hot or cold. The stuffing, good in celery and tomatoes too, is spicy, healthful, and delicious.

Salmon Zucchini Appetizers

(Makes about 3 dozen)

1½ pounds zucchini (approx. 2" diameter), sliced into ½" rounds
⅔ cup chopped red pepper
2 tablespoons butter or margarine
1 egg, slightly beaten
⅓ cup bread crumbs
1 can (7½ or 7¾ oz.) salmon, drained and flaked
⅓ cup chopped green onions
⅛ teaspoon pepper
Dash cayenne pepper
2 tablespoons dry sherry

Hollow out zucchini slices about halfway down to form small bowls. Sauté red pepper in butter until tender; cool. Stir in egg and bread crumbs; add salmon, green onions, pepper, cayenne pepper, and sherry. Spoon salmon mixture into zucchini pieces.

Tip: For hot appetizer, heat in 400° F. oven 5-7 minutes, or microwave at Medium-High 1-3 minutes.

Cool Spinach Soup

(Makes 6 servings)

1 shallot, minced
1 medium cucumber, diced and seeded
1 cup chopped spinach
½ cup peeled, diced potato
1¾ cups chicken broth
¾ teaspoon salt or salt substitute
½ teaspoon white pepper

continued on following page

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2 drops hot-pepper sauce
¾ cup milk
2 tablespoons sliced almonds

Combine shallot, cucumber, spinach, potato, and chicken broth in a 1-quart casserole; cover. Microwave at High (100%) 7-8 minutes or until mixture boils and vegetables are tender. Purée mixture in blender or food processor. Add remaining ingredients except almonds and refrigerate until cool. Garnish each serving with almond slices.

Conventional method: Cook vegetables in small saucepan over low heat until tender. Continue as directed in recipe.

Greek Pita Salad
(Makes 8 servings)

½ pound lamb cutlets
¼ teaspoon ground oregano
⅛ teaspoon ground thyme
⅛ teaspoon garlic salt
Dash pepper
2 tablespoons lemon juice

Dressing:
1 cup shredded lettuce
1 small tomato, chopped
½ cup chopped cucumber
1 cup plain low-fat yogurt
¼ teaspoon dill weed

4 pita pockets, cut in half

Slice lamb cutlets in thin strips across the grain. Toss strips of lamb with seasonings in 1-quart casserole. Microwave at High (100%) until tender, 2-3 minutes; stir twice. Toss together ingredients for dressing until well-mixed. Microwave pita halves at High ½-¾ minute or until heated through. Spoon meat into pita pockets and top with dressing. Serve immediately.

Salmon Pinwheel
(Makes 10 servings)

1 package yeast
¼ cup warm water
¾ cup boiling water
½ cup rolled oats
½ cup corn meal
3 tablespoons margarine
¼ cup molasses
1 teaspoon salt
1 egg
3½ to 4 cups whole-wheat flour
½ cup bread flour

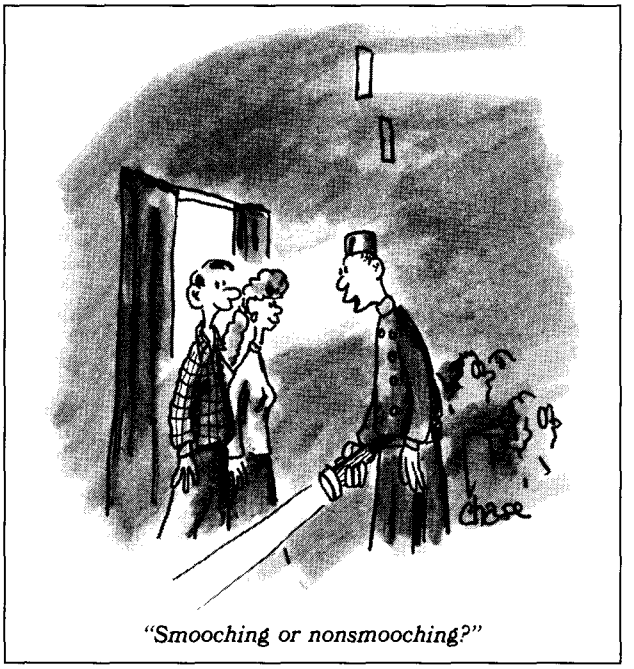
Filling:
1 can (6 oz.) flaked salmon
2 tablespoons minced onion
2 tablespoons Dijon-style mustard
1 jar (3 oz.) chopped pimentos
2 tablespoons chopped dill pickle
¼ teaspoon Beau Monde Seasoning

Garnish:
2 tablespoons poppy seeds
Black olives
Watercress

Add yeast to warm water in small bowl. Let stand until softened. Pour boiling water into 2-quart batter bowl with rolled oats, corn meal, margarine, molasses, and salt. Stir in egg. Add yeast mixture. Stir in flour to form soft dough. Turn dough out onto lightly floured surface and knead 3-5 minutes or until soft and pliable. Let rise in warm spot 1 hour or until double in bulk. Roll dough into 6" x 12" rectangle.

Combine filling ingredients and spread over dough. Roll up dough starting with longest side. Pinch edges together and place seam side down on microwave baking tray sprayed with nonstick vegetable coating. Make slits at 1" intervals in bread. Sprinkle with poppy seeds. Cover with plastic wrap and let rise in warm place ½-¾ hour or until almost double in bulk. Remove plastic wrap and cover with paper towel. Microwave at High (100%) until surface of bread springs back when touched lightly, 5-6 minutes; rotate tray once. Cut into 1½" slices. Serve warm or cold. Garnish each sandwich with watercress and sliced black olives.

Conventional directions: Bake filled loaf in preheated 425° F. oven 20-25 minutes or until golden brown. (The editors preferred this method.)



"Smooching or nonsmooching?"

Molded Aspic
(Makes 6 servings)

2 medium ripe tomatoes
1 tablespoon snipped parsley
2 teaspoons unflavored gelatin
1 tablespoon chili sauce or ketchup
1½ teaspoons lemon juice
¼ teaspoon celery salt or celery seed
⅛ teaspoon basil leaves
¼ cup minced celery
¼ cup minced carrot
2 tablespoons minced onion
Cucumber slices

Process tomatoes and parsley in blender or food processor until smooth. Add gelatin and let stand 5 minutes or until gelatin is softened. Microwave at High (100%) until steaming hot, 2-3 minutes. Stir in remaining ingredients except cucumber. Spoon mixture into ½-cup ramekins. Refrigerate several hours or until firm. Unmold each aspic onto lettuce-lined salad plate. Garnish with cucumber slices.

Conventional method: Heat gelatin mixture over low heat in small saucepan until steaming hot. Continue as directed in recipe.

Banana Slush
(Makes 8 servings)

5 cups water
½ cup sugar (optional)
1 can (6 oz.) frozen lemonade concentrate
1 can (6 oz.) frozen pineapple-orange concentrate
3 ripe bananas, mashed
1 package (8 oz.) frozen unsweetened strawberries
2 teaspoons almond flavoring

Combine 2 cups water and sugar in 2-quart container. Microwave at High (100%) until sugar is dissolved, about 6-8 minutes; stir twice. Mix in 3 cups water and remaining ingredients until well combined. Freeze mixture until slushy.

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Finally. A sophisticated weapon in the war against plaque.

These days, it seems like every product from mouthwash to toothpaste wants to help you fight plaque. And for very good reason. Plaque buildup is a leading cause of gum disease which can have a number of very serious complications.

But among the so-called "plaque attackers," the INTERPLAK Home Plaque Removal Instrument stands out as a true technological breakthrough.

INTERPLAK cleans teeth virtually plaque-free.

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VETS ON PETS

LICKING SUMMER ILLS

Dog days may not be happy days for pets, who run the risk of everything from sunstroke and sunburn to fishhooks and fleas.

by H. Ellen Whiteley, D.V.M.

Ah, summer! Time of vacations, water sports, and picnics. Time of fleas, ticks, mosquitoes, grass allergies, and sunburns. A little preparedness can do much to alleviate your pet's summer discomforts.

Heat Stress

Each summer, animals die from heatstroke in closed automobiles and poorly designed transport cages. Poor ventilation and high humidity accelerate heat stress. Dogs and cats not coping with heat pant faster than normal; the animals' tongues become larger and wider as the temperature rises, creating a larger surface area for evaporation and cooling. (Such breeds as the pug and English bulldog cannot efficiently cool themselves by panting, like other breeds, because of their short noses and throats.) By licking itself, a cat spreads saliva over its coat so that heat is lost when the saliva evaporates. Both dogs and cats lie flat to expose their body surfaces to convective cooling. Smaller animals have a slight advantage because they have a larger surface area per unit of body weight. Obese animals are more prone to heat stress because fat insulates their bodies and thus surface convective cooling cannot work effectively.

Animals suffering from heatstroke must be cooled quickly. Submerge the animal in cold water and turn on a fan, if available. Take the animal's rectal temperature every ten minutes and remove the pet from the cold water when its temperature reaches 103° to 104° F. (The normal rectal temperature for dogs and cats is approximately 101.5° F.) Take the animal to a veterinarian as soon as possible. Animals recovering from heatstroke may appear depressed and inactive for several days.

What may be bugging Bowser during the hot weather shouldn't happen to a dog—or to a cat, for that matter.

Fishhooks

Fishing season invariably brings a rash of accidents involving animals who snag fishhooks in their mouths or other body parts. In most cases, the animal must be sedated, the barbed fishhook pushed through the skin, the barb cut off with wire cutters, and the hook retracted. I do remember the case of Miss Poo Jones, a cockapoo, whose owner successfully performed the procedure at home; however, Poo swallowed the barb as it was cut off, and I had to see her anyway for emergency surgery.

Awns and Burs

Certain grasses protect their seeds with bristly growths called awns. Foxtails or grass awns are most prevalent in arid and semiarid regions, and summer seems to be the season for this problem. If one of these troublesome awns finds its way into a pet's ear canal, the animal shakes its head frequently. An awn that penetrates the skin between an animal's toes can cause an abscess in the area or migrate to remote locations. Awns must be removed mechanically or surgically.

Cockleburs or sandburs are another sticky problem for pets. Soaking cocklebur mats with mineral oil may facilitate their removal; however, often the mat must be cut with scissors.

Heartworms

If you are fortunate enough to live in a region without mosquitoes, you don't have to worry about dog heartworms unless you take Bowser to a beach, a lake, or another region that has the pesky carrier insects. The infective larvae of the dog heartworm develop in a mosquito's body. When the mosquito bites a susceptible dog, adult heartworms mature in the dog's heart at least six months later. There is a treatment for the condition, but prevention is the best and least costly policy. In most cases, your veterinarian will want to check your dog with a blood test at least once a year. If your animal has heartworms, it can be given an oral medication taken daily throughout the mosquito season. A

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new oral medication taken just once a month is also available.

Fleas

No summer complaints list would be complete without mention of the No. 1 pet-owner concern in the United States—fleas. No other pest has generated so many remedies aimed at its demise. Brewer's yeast and garlic are touted as natural flea remedies. Electronic flea collars that emit a high-frequency sound are available to drive the fleas mad and perchance away from home. Some flea repellents are applied to a single spot on a pet's skin. Others are given in tablet form. Dips, collars, medallions, shampoos, and powders are available containing natural and synthetic repellents. (Do not use dog dips or other dog products on cats unless the label specifically recommends their use for cats as well.)

Fleas spend most of their time off your pet in such places as carpets, yards, pet bedding, or doghouses. You must kill fleas in these areas as well as on your pet. Clean your house thoroughly, including closets; dispose of the vacuum bag in an airtight plastic bag. Destroy your pet's bedding and replace it with clean bedding. Mop concrete and tile floors. Use a spray or a "flea bomb" aerosol fogger in the house and follow the directions carefully. (A pre-emergent fogger will kill both adult and hardier immature fleas.) Spray outdoor areas with a product such as Diazinon; use the chemical according to directions, wear gloves, and keep all such products out of the reach of children. Severe flea infestations may warrant a professional exterminator's services to treat the house and yard.

Fleas are the intermediate host of the common dog and cat tapeworm. Pets become infected by swallowing fleas that contain the tapeworm larvae. If your pet has this parasite, it will need to be treated for fleas as well.

• • •

Most accidents happen during the summer, when people and pets are more active. Tempering your summer activities with doses of caution and planning should make the season safer and more enjoyable for every member of your family—including your pets.

Questions for the Vet

Dear Dr. Whiteley:

Here in Florida we have a flea problem that is probably the worst anywhere, but it is quite easily dealt with. The solution: sodium tetraborate decahydrate (borax). One simply saturates the house, garage, patio, etc. with 20 Mule Team Borax. Just shake it around and brush it into the carpets and upholstery. It takes about two weeks to take effect—no more fleas! During the first week, the fleas get quite angry and restless. One will find them crawling up one's legs, etc. However, after two weeks there will not be one flea left. I have seen this work in situations where all other treatments have failed. Fogging, spraying, and the use of high-frequency collars simply do not work. Our two dogs have been totally free of fleas for two years now.

The dogs are walked twice daily but seem to leave their fleas outside. Perhaps some of the borax rubs off on them (the dogs). I can't explain the action. I just know it works. The rest of

continued on page 80

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Food for Thought

We have put our beans together—15, to be exact—and come up with a delicious and beneficial FREE OFFER incentive for you to subscribe or resubscribe to the magazine dedicated to improving both the minds and the bodies of your all-American family.

In addition to the FREE 13¼-ounce sack of 15 (count them) kinds of beans, we have included: 1) a packet of salubrious high-lysine as a substitute for killer salt; 2) a pouch of special seasoning to spike the flavor; and 3) recipes sure to make the family pour on the compliments.

The collective beans of the Saturday Evening Post Society are also coming up with reading material to match the zippy flavor and healthful approach of the soup mix. In its slick pages you'll find a mixture of fact, fun, and fiction for all the family. There are cartoons and humor to crack you up, medical and religious articles to put you back together. Feature articles will introduce you to prominent personalities of the day. You'll be advised on how to invest your money, how to take care of your pets, how to improve your home. You'll travel to exotic places without

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HOME IMPROVEMENTS

EXERCISE FOR HOMEBODIES

Thanks to the recent explosion in home exercise equipment, no one has any excuse any more for being out of shape.

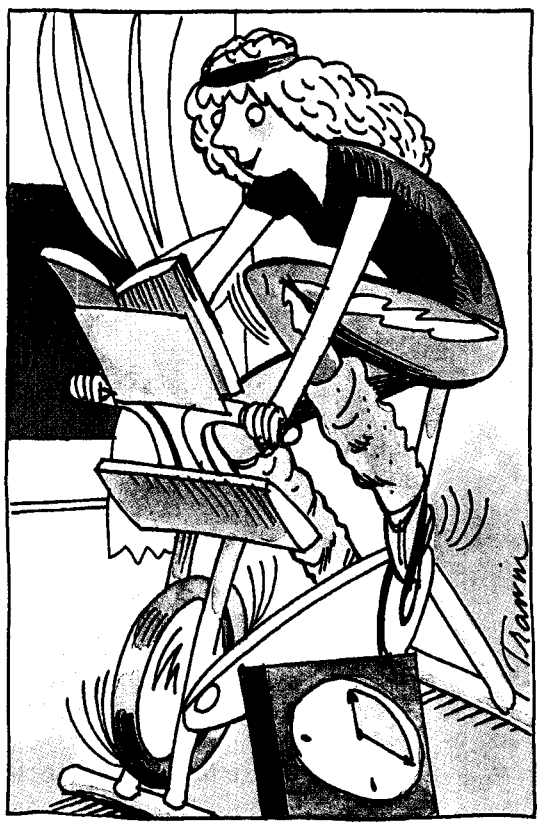
by Jack Hayes

Illustrated by Don Trawin

You don't have to take up jogging or join a health spa. You don't have to show yourself in leotards. You don't even have to quit the privacy of your own bedroom to be aerobically fit. So—what's your excuse for being out of shape?

"Admit it. You're too darned lazy!" exclaims 43-year-old Guy Riotto, a New Jersey researcher who rows hard for 20 minutes three days a week on a make-believe lake in his tiny Hoboken apartment.

Riotto has achieved reasonable aerobic fitness without the glamour or ritual so essential to many fitness buffs, and by rowing his way to fitness on his own machine, he saves time and money. A $200 rower costs less than the annual fee at many fitness centers, and he doesn't have to go across town to use it.



Riotto is not alone. In 1985, Americans purchased some 2 million rowers, 3 million exercise bicycles, and $50 million worth of treadmills to make home exercise one of our country's booming pastimes.

Even if your job or your hobby keeps you active, you can still improve what doctors call cardiac reserve with three moderate 20-minute aerobic workouts every week. Such exercise helps the body use oxygen more efficiently so the heart doesn't have to work as hard. Whether you exercise in the morning or at night doesn't matter. The only thing that counts is doing it.

Marty Liquori, a well-known miler in the early 1970s at Villanova University, peddles an exercise bicycle in front of the television to keep aerobically fit. Liquori, who wrote a book about home exercise, says the typical person can make many mistakes trying to improve or regain fitness at home: buying poor equipment, making an elaborate ritual out of exercising, or pushing too hard for results that take time. "Very slowly is the way to start," Liquori says. He also advises keeping the program simple.

Which of the three—treadmill, rower, or stationary bike—is considered best? The answer is, *it depends*. On a treadmill, you imitate running, which experts consider one of the best forms of aerobic conditioning. Using a rower, you combine a strength workout with the aerobics. And on a bike, you can watch television—even read a book—during your 20-minute session.

Because you need at least *some* enjoyment from your exercise, pick a machine you'll have fun with. No matter how committed you are in the beginning, your attitude will eventually sour if you don't like the machine, and that could be bad for your health.

Exercising to Your Heart's Content

Exercise at your target heart rate for 20 minutes three times a week. That's the aerobic-fitness formula many teachers and students of exercise follow.

Estimate your target heart rate this way: If you're a woman, subtract your age from 220; if you're a man, subtract *one-half* your age from 205. Subtract your *resting* heart rate from this number, then multiply by .65 for a low-intensity workout, .75 for moderate intensity, up to .85 for high fitness. Add your resting heart rate back in to get your target heart rate.

Twenty minutes, three times a week at this target heart rate will improve your aerobic fitness. Beyond that, you reach a point of diminishing return. Nita Priest, an associate director with the Institute for Aerobics Research in Dallas, says current studies show that people who work out below the 20-minute schedule don't improve significantly. Conversely, exercising beyond the recommended time adds little to a person's overall health. Still, if you have the time and want to exercise at a more moderate pace longer than the ordinary workout, you're allowed. You're less likely to injure yourself that way.

What kinds of exercise contribute most to aerobic fitness? Experts agree cross-country skiing, running, swimming, bike riding, skating, and walking are best. Rowing is further down the line. Weight lifting, an *anaerobic* exercise, develops strength and muscle definition but doesn't strengthen the heart as aerobic exercises do. "It raises the blood pressure without the benefits," says Marc Unterman, an Atlanta cardiovascular specialist. Isometrics—exercises with little or no motion—aren't aerobically beneficial either.

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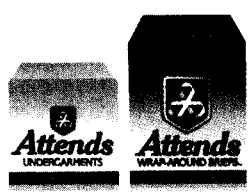

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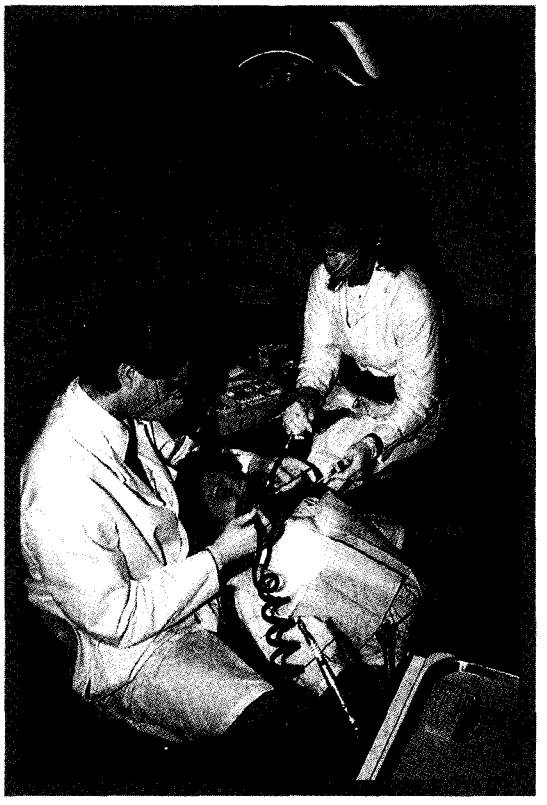
HOW SAFE IS YOUR DENTIST?

Dentists, aware that they and their dental auxiliaries daily risk contracting and transmitting infectious diseases, are now being drilled on preventive measures.

by David O. Born

Dental disease is rarely regarded as life threatening, but unless your dentist takes appropriate precautions, you and your family can be exposed to serious, and often deadly, illnesses while visiting the dental office. A recent government publication estimates that in a typical dental practice of 20 patients a day, an average of 2 patients with oral herpes, 1 carrier of hepatitis B, and an unknown number of patients infected with the AIDS virus will be treated during seven working days. Because dentists' and dental auxiliaries' work brings them into frequent contact with blood and saliva, these professionals are at great risk for contracting and transmitting these and other infectious diseases, including tuberculosis, gonorrhea, syphilis, influenza, measles, and mentally debilitating neurologic viral diseases, as well as infectious and CMV mononucleosis.



Dentists are donning masks and gloves and keeping close tabs on patients' medical histories. If your dentist isn't, ask him why not.

Although AIDS is the most notorious of the infectious diseases, potentially fatal hepatitis is far more common in the general population, and the risk factor associated with hepatitis is five to ten times greater for dental personnel than for the ordinary citizen. No cases have yet been reported involving a dentist's transmitting AIDS to a patient (or vice versa); however, in 1985 an Indiana dentist was ultimately identified as the source of a 1984 hepatitis outbreak that resulted in two deaths.

The risks for infection arise from the nature of dental practice. The very sharp instruments used in dental treatment can easily puncture the oral tissues of patients' mouths and the hands of dental personnel. If a sterile instrument comes in contact only with an infectious patient, there's no problem, but if the instrument breaks the dentist's skin as well, there is a chance for cross-contamination.

Instruments aren't the only problem. High-speed dental drills usually spray blood and saliva that circulate freely in the air and often spatter the eyes, nose, face, mouth, and clothing of patients and providers alike. The drills are often water-cooled, and even with check valves installed, minute quantities of fluid from the mouth can be drawn back up into the handpiece when the drill is turned off. Unless the handpiece is flushed and disinfected properly, those fluids will be expelled into the mouth of the next patient. It's easy to see that viruses and other microbial agents can have a field day in the dental office unless appropriate precautions are taken.

What are dentists doing to control the spread of infectious disease? Says Dr. Anthony Di Angelis, the chief of staff of the Department of Dentistry at the Hennepin County Medical Center in Minneapolis: "The dental profession is alarmed over recent increases in infectious diseases. Dental organizations encourage their members to be vaccinated against the hepatitis virus and to follow strictly the guidelines set forth by the American Dental Association and the U.S. government's Centers for Disease Control. Virtually every dental school in the country has stepped up training in infectious-disease control, and countless continuing-education courses are available."

A recent study by Dr. Di Angelis revealed that more than half the dentists surveyed had taken course work on infectious-disease control in the previous year and that more than half have made significant changes in infection control measures in their offices as well. Although Dr. Di Angelis is proud of the profession's responsiveness, he notes with some regret: "Dentists are like everyone else; their habits are hard to change. Most are very careful, but some dentists are admittedly lax in meeting the standards for proper control of infectious disease."

In one state, a study revealed, barely half the dentists surveyed had been vaccinated against hepatitis B, and less than one-third routinely use rubber gloves and masks. Elsewhere, a study found that about one-third of the dentists were not taking patient histories that would indicate possible exposure to AIDS. This latter study showed that 70 percent of the dentists wore masks during examination and treatment but only 57 percent used

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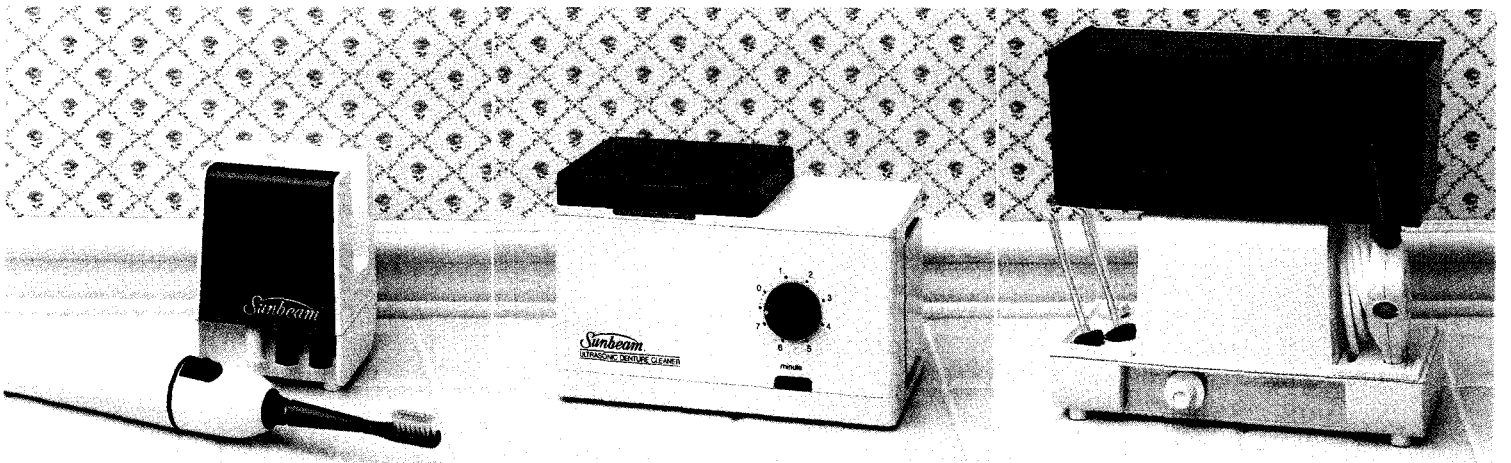
Fitness Equipment.



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rubber gloves safely. Although some fairly effective sterilization and disinfection procedures were used by most dentists, many did not use all the infection control measures considered essential by the Centers for Disease Control.

The likelihood of transmitting disease from patient to dentist is greater than that of passing it from dentist to patient, although everyone is at risk. But remember: you have the right to be treated by health-care providers who are taking the appropriate precautions.

How can you tell if your dentist is following proper infection control measures? Watch for the following:

Is a medical history taken? Your dentist should ask about medications; current and recent illnesses; hepatitis; weight loss; damage (cuts, scrapes, etc.) to your cheeks, tongue, and gums; and other infections you might have. Remember, your dentist probably isn't asking his other patients any questions he doesn't ask you. Watch, too, to see if your dentist examines your head and neck. The lymph nodes are often involved in infectious diseases; an observant dentist will check these and other areas for signs of infection.

Do the dentist, dental hygienist, and dental assistant all wear rubber gloves? Equally important, does the dentist discard the gloves after each patient and scrub his or her hands? Repeated use of the same pair of gloves, even if they are washed, provides poor protection to the wearer and even less to the patient.

Do the dentist, dental hygienist, and dental assistant all wear surgical masks and protective eye wear? Such devices help protect dental personnel and thereby reduce the likelihood they themselves are infected.

Does the dentist use a rubber dam? The rubber dam is a thin sheet of rubber-like material inserted in the oral cavity during many dental procedures. Spreading as it does like an apron across the back of the mouth, the rubber dam greatly reduces the risk of infection from droplets, spatters, and aerosols. Rubber dams are uncomfortable, but the increased protection they provide is significant.

Do the dentist, dental hygienist, and dental assistant all wear clean gowns or smocks? Ideally, disposable garments will be worn and discarded after each patient. Any garment visibly soiled with blood should be laundered, and reusable gowns should be laundered daily.

Are dental-lamp handles, instrument trays, and X-ray unit heads covered with disposable coverings changed between patients? If not, viruses and other microbial agents can easily contaminate such surfaces.

Are disposable needles discarded after use? Some health-care providers pinch pennies by cleaning and reusing these inexpensive items. Such practices are patently unsafe.

Do the dentist, dental hygienist, and dental assistant wash their hands thoroughly between patients or after handling extraneous materials (dental charts, money, doorknobs, etc.)? Even when gloves are worn, the personnel should wash their hands, because the glove surfaces become worn and often experience minor punctures.

What sterilization and disinfection procedures are followed? Recommended sterilization techniques used

continued on page 80

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MONEY TALK

CHECKING UP ON YOUR HEALTH INSURANCE

by Marshall Loeb

Illustrated by Frank Cotham

Some 7.5 million families a year spend at least 10 percent of their income for uninsured medical expenses. Even if you are among the nine out of ten Americans covered by health insurance, you will find that almost no policy will pay all your medical bills all the time.

If you are hospitalized, for example, most policies will pick up 100 percent of the cost of your stay in a semiprivate room up to a certain length of time. After that some will pay for 80 percent. But if your plan will not do that, your best protection is to buy an individual major medical policy from Blue Cross and Blue Shield or one of the big private insurance companies. Benefits usually range from $25,000 up to $1 million—and some policies provide unlimited coverage.

"Hi! I'd like to cancel my health-insurance policy."

It is also wise to buy an individual major medical policy if your current plan has limits on how much it will pay for surgery. But the so-called dread-disease policies, which insure you against specific illnesses such as cancer, use your health dollars inefficiently.

Most health plans have limits on the total benefits you can collect in your lifetime. The Health Insurance Association of America recommends at least $250,000 for each person covered. If you are ill-at-ease with your plan's maximum, you can supplement it at a relatively low cost. For example, a family of four can buy a policy that pays all costs above $25,000—up to a maximum $1 million. The average price is $360 to $500 a year.

About the only thing you cannot buy additional insurance for is your deductible for such outpatient expenses as doctor's appointments, prescription drugs, lab tests, and private nurses. The deductible is the bare minimum you absolutely have to pay. These deductibles vary from $50 to $500 a year, although $200 seems to be the average these days.

When you give your health insurance policy its routine physical, you will discover that some expenses just are not covered. In addition, two-income couples with different employers have two policies to scrutinize. The strengths of one may make up for the weaknesses of the other.

Avoid "indemnity" plans—which pay no more than the fixed and specified amount listed in the policy for particular operations or for a hospital bed. An indemnity policy that pays $100 a day for your room takes care of as little as a third of the cost.

In group health plans, the insurer cannot cut off anybody's coverage, no matter how many claims he collects. But at the end of many an individual policy's term—usually once a year—the company can cop out. To head off cancellation of an individual policy, buy a guaranteed-renewable policy.

You should keep your policy up-to-date, especially at major milestones in your life. Will you or a family member soon reach age 65? It is *your* responsibility to apply for Medicare at your local Social Security office no later than three months after you turn 65. Most group plans stop regular coverage at 65 and offer only a supplement to Medicare. If you do not apply and then become ill, you may have to pay your own medical bills.

If you are retiring before 65, make sure you are still covered under your group plan. Otherwise, you will have to buy a high-priced policy on your own. And if you are laid off or fired, ask your employer to continue your coverage for at least 30 to 90 days. If you do not get that protection, shop around for an interim policy to insure you for a few months.

When your child turns 19 years old—or 23 if he is a student—he will have to fend for himself. Your policy does not cover him. And remember, divorce ends a nonworking spouse's coverage. But laws in 38 states allow him or her to convert readily to an individual policy with the same carrier—at his or her own expense. Also, if a working spouse dies, find out how long an employer will continue the widow's or widower's coverage.

"Stop-loss protection" limits your maximum out-of-pocket medical expenses in any year, usually to $1,500 for a single person or $3,000 for a family. The policy pays for everything above that. If your group policy does not have a stop-loss clause, you can urge your employer to add it to the policy. The cost is reasonable: about $60 per year for an individual, $180 for a family of four.

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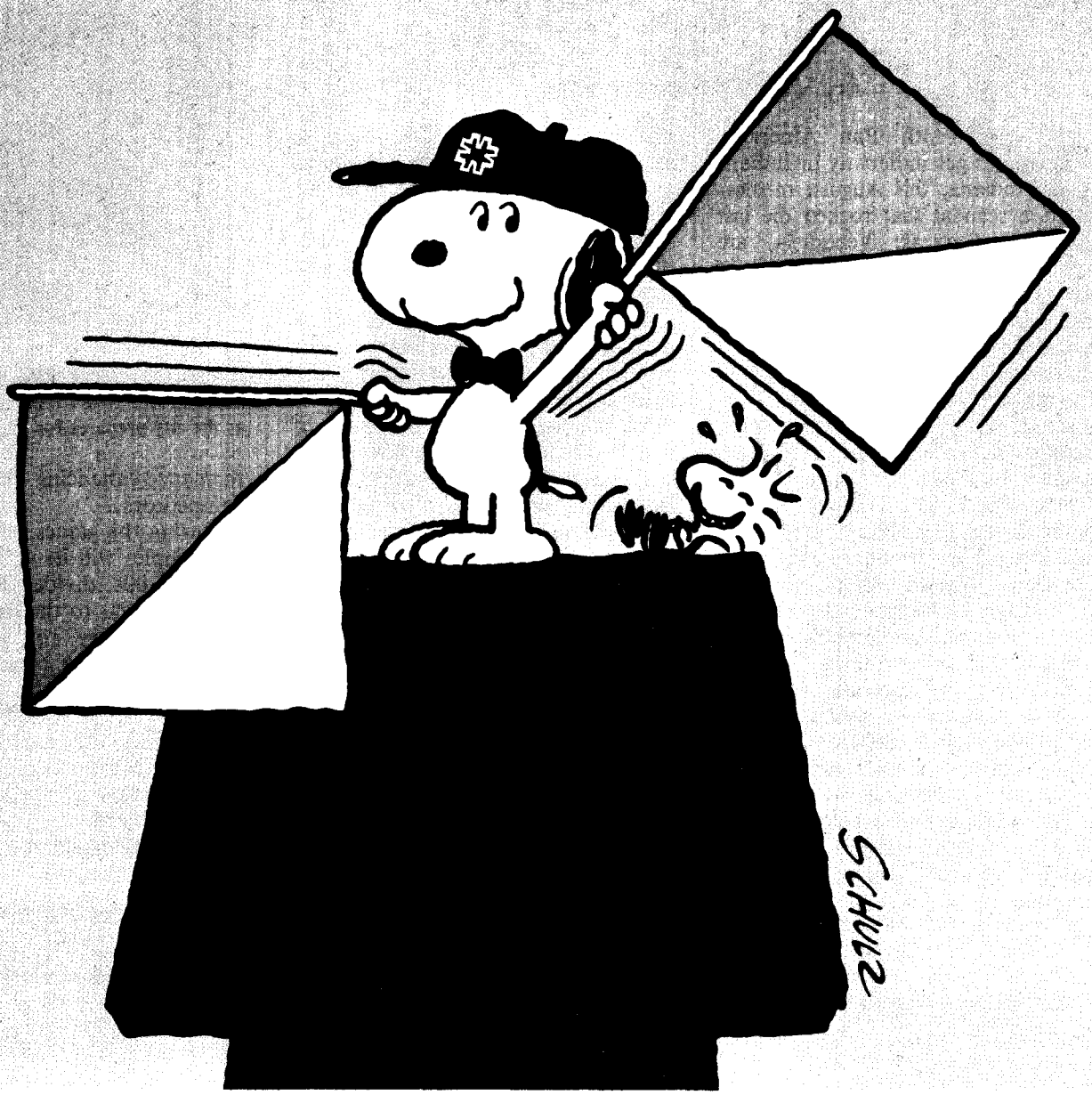

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"HIGH" HURDLE

An Indianapolis lab is going all-out to make sure that performance-enhancing drugs and athletes don't mix during the Tenth Pan American games.

by Rick Callahan

As the Tenth Pan American Games get underway in Indianapolis, Indiana, this August, memories of a scandal that rocked the last games in Caracas, Venezuela, are sure to resurface. That 1983 event was marred when athletes' drug tests sent dozens of participants from several countries—including the United States—scurrying home in disgrace. Though the use of performance-enhancing drugs like steroids is even more of a problem now, this year's cheaters could be in for a shock.

That shock could come at the hands of the $2 million Sports Medicine Drug Identification Laboratory. The state-of-the-art facility, based in the Indiana University Medical Center's department of pathology in Indianapolis, is one of three Olympic-certified drug testing centers in North America. During the games, the lab will provide test results from athletes' urine samples within 24 hours.

Carleton D. Nordschow, the director of the lab, expects his staff to process 80 to 90 urine samples a day. The facility's full-time staff of 7 will be bolstered by 21 additional workers. The workers will be aided by state-of-the-art equipment—some of it so sensitive it can detect one molecule in a billion (comparable by some accounts to detecting a spoonful of sugar in an Olympic-sized pool). "That's a pretty tiny amount of anything," Nordschow says.

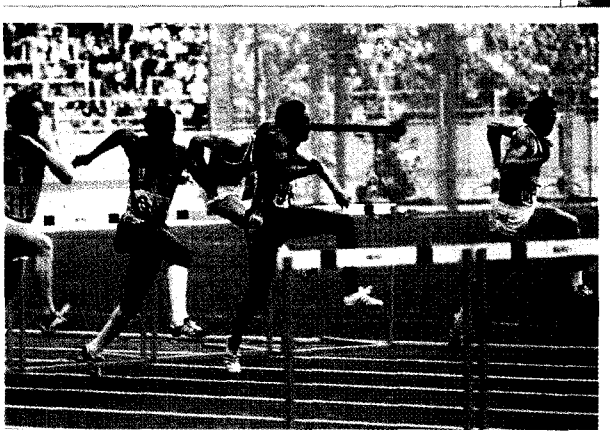
The facility currently conducts drug testing for amateur athletic groups, as well as for numerous colleges and universities. An analysis of urine samples from the University of Oklahoma football team led to the suspension of a star linebacker, Brian Bosworth, and two other players from the national-championship contender. The three players tested positive for steroid use.

"Basically, what we are trying to do is detect trace levels of performance-enhancing drugs which were administered months earlier in many cases," says Nordschow, an 18-year veteran of the department of pathology. Because of a simpler molecular structure, cocaine, marijuana, and other "street drugs" are much easier to detect than are the performance-enhancing drugs used by competitors.

During the games, all athletes' urine samples will be collected by Pan Am officials, divided into two samples, and sent to the drug-identification laboratory for analysis. The samples will also be labeled with a number to protect the identity of the athlete. If the initial test of the sample detects drugs, the athlete or a representative will be asked to appear at the laboratory when the second sample is analyzed.

Ronald Blankenbaker, the co-chair-

Amigo, the mascot of the Pan Am Games, keeps in step with Indianapolis dignitaries as the city prepares for the big event.



New tests for performance-enhancing drugs leave athletes but one way of getting the jump or a lift.

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man of the games' medical services division, says once it is confirmed that an athlete used banned drugs, authorities will review the case, talk to the athlete, and make a recommendation concerning the case to the Pan American Sports Organization, which oversees the games.

According to Blankenbaker, also the vice president for medical affairs at Indianapolis' St. Vincent Hospital, the roughly 1,000 athletes to be tested will include most medal winners and a random selection of other competitors. The number of random tests will vary from sport to sport because some events, such as weight lifting, have a higher incidence of drug use than other sports.

The story of the Olympic-league testing facility began in 1983, when the International Olympic Committee (IOC) urged each participating nation's Olympic committee to establish drug-testing facilities in its country. Soon afterward, the department of pathology, working with the U.S. Olympic Committee, agreed to make a long-term commitment to establish a laboratory and to become a secondary support center for the 1984 Summer Olympic Games. "At that time, Indianapolis was beginning to develop a serious amateur-sports profile," Nordschow said. "We thought it would be appropriate to have a facility in the name of the United States in Indianapolis."

The lab's $1.5 million worth of equipment includes such complicated devices as gas and liquid chromatographs, mass spectrometers, and centrifuges. Staff members must type a secret code into a panel on the lab's door to gain access to the facility. Inside the lavender-and-beige room, white-coated staff members involve themselves in the complex and noisy task of analyzing urine samples.

The lab's urine samples are separated into various "chemical families" using a centrifuge and then are dehydrated into chemical derivatives. Those by-products are then injected into instruments and the readings recorded and processed by computer.

IOC guidelines require five screens to be run on each urine sample: the first is for volatile stimulants; the second, for nonvolatile stimulants, Beta-blockers, and opiates; the third, for caffeine and pemoline; the fourth, for anabolic steroids; and the fifth, for diuretics. Diuretics are used by athletes to mask the presence of other drugs by diluting the urine. They were banned in April 1986 by the IOC, along with Beta-blockers, which are sometimes used by participants in shooting and archery events to give a steadier hand.

Pete Cava, spokesperson for the Indianapolis-based Athletics Congress, says an athlete may be asked to take a drug test anywhere, at any time. The Athletics Congress is the governing body for track and field, as well as long-distance running events in the United States.

Last December, Cuban representatives raised concerns with Pan Am officials that testing for the 200 or more drugs banned by the IOC would be inaccurate, leading to unwarranted disqualifications. Pan Am officials assured the Cubans every precaution would be taken to ensure the tests' accuracy and security.

In the meantime, city leaders are pleased with the lab's Olympic certification, saying it will help the city become a major center for amateur sporting events. Cheaters may be less pleased. "The way things are being done now, athletes know if they're using drugs, there's a good chance they'll get caught," Blankenbaker says.

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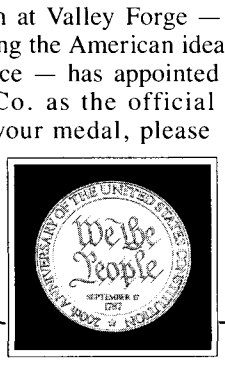

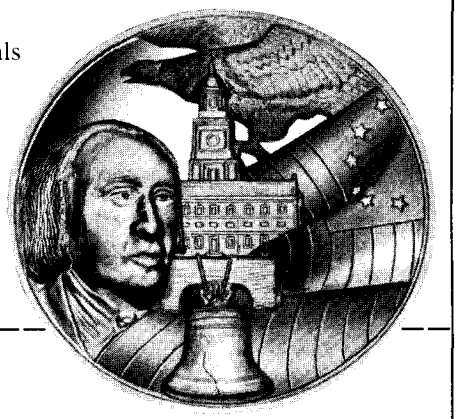

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POST SCRIPTS

Picture This!

A young man, deeply enamored of a young lady, was sent on a business trip that lasted most of the summer. Every day or so he would receive a picture of his lady in the most bewitching poses at the beach or beside a mountain lake, with a loving note jotted on the back of the photo.

The young man was heartened by this show of affection—that is, until one night he asked himself, "But who's taking those pictures?"

—Kris Lee

Hot Time in the Old Town

After a week of steaming hot weather, the minister announced to his congregation that this Sunday's sermon would be his shortest ever. It was, too:

"If you think it's hot here," he said, "just wait."

—B. Bader

A Class Act

Society has basically two classes of individuals: those who have more dinners than appetites, and those who have more appetites than dinners.

—Rose Sands

Sweet Dreams

"Mrs. Brown, does your husband talk in his sleep?"

"No, and it's terribly exasperating. He just grins."

—James Curnane

I'd Rather by the Book

Back when people used to read,
We did things "by the book."
Today with all the TV tapes
All we do is look.

I wonder what new saying
Would now be apropos;
What we once did by the book
We now do "by the video."

—Charles Ghigna

It's "Die" with a "T"

Swallow your pride occasionally and console yourself with the knowledge that it's 100 percent calorie free.

—Thomas LaMance

The Grass Is Greener

The peak of success for the modern man,
The luxury that is his prize,
Is hiring someone to mow the lawn
While he plays golf for exercise.

—Muriel Kovinow

The Greatest Show on Earth

You needn't know music or know how to sing,
How to tap-dance or fox-trot or prance;
You needn't have rhythm or any such thing
To go into a song and dance.

—G. Sterling Leiby

Just a Lotta Lip

Candy is bad for your teeth, they say,
But I've found a way to beat it.
When nobody's looking, I take them out,
Then I go ahead and eat it.

—Hans G. Mueller

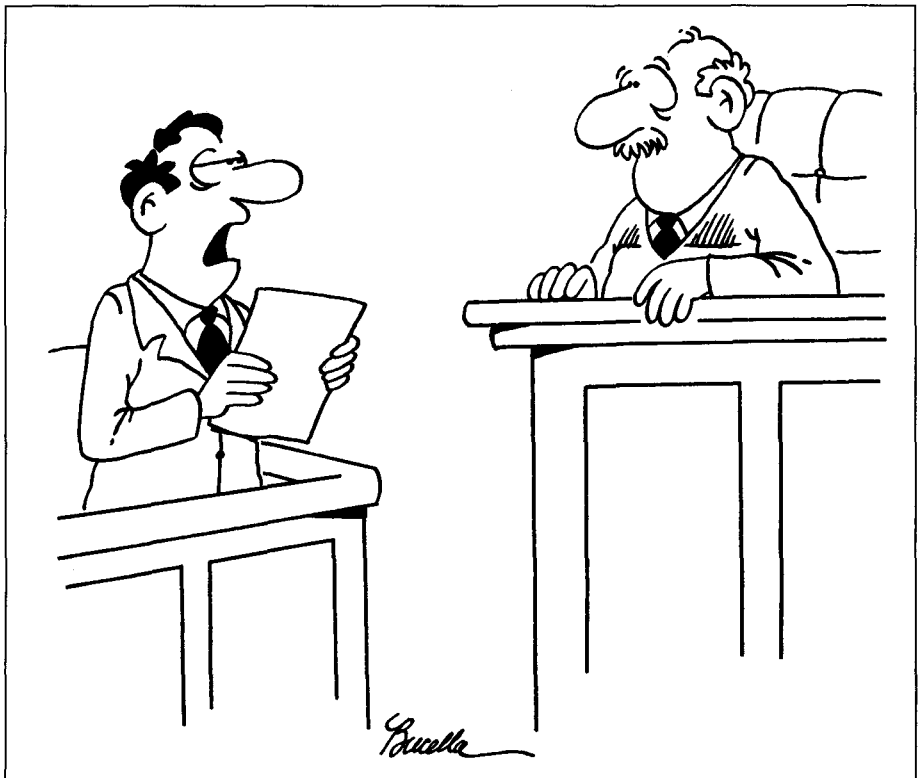
Unnecessary Surgery

The person with a good opinion of himself rarely seeks a second opinion.

—H. Duane Black

No Vision in the Telly

If its story line is poor
And weak with indecision,
If agents all reject it
With a great deal of derision,
If its faults cannot be cured



"We the jury find the defendant guilty and sentence him to life on jury duty."

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After much revision,
Then at last it's ready
For prime-time television.

—Henry F. Hill

Love-Hate Relationship

No matter what person gets hurt,
Some people just *love* to talk dirt.
Yet strangely, before each cruel cut,
It's "I *hate* to mention this, but. . . ."

—David Savage

He Shot Her Down

The proud father invited a professional opera singer to come to his home and listen to his daughter's singing. After the girl finished performing, the father turned to the great star and asked, "Did you like it? What do you think of her execution?"

The vocalist replied, "I'd be in favor of it."

—Bobbie Mae Cooley

My Gas Tank Runneth Over

"I'm having car problems."

"What's wrong?"

"I put in a new carburetor that saves 40 percent on gas. Then I put in new spark plugs that save 35 percent on gas. Finally, I installed a new exhaust system that again saves me 40 percent on gas."

"So?"

"Every 25 miles, the gas tank overflows."

—Al Batt

Party Lines

It is a party blooper
To invite a party pooper.

—Lois Leurgans

A Taxing Proposition

Remember: when paying your income tax, it is much better to give than to deceive.

—Trenda Leigh

The Sound of No Hands Clapping

Most people will cheerfully lend you an ear,
While you tell of some project you've planned;
But, brother, how quickly good will disappears
When you ask them to lend you a hand.

—Larry Sorensen

Deft-initions

Service and warranty record: Autobiography

"Your wife just called—she said you left your briefcase next to the dog's dish."

Born pilot: Wright stuff
Kids' survey: Tadpoll
Twin detectives: Lurk-alikes
Silence: Conversation peace.

—Hank Billings

What Every Child Knee-ds

He who remembers what he learned at his mother's knee was probably bent over it.

—Martha J. Beckman

Ant That a Shame?

Frustration: An anteater who just can't find the picnic grounds.

—Arnot L. Sheppard, Jr.

Going to Extremes

Winter was snowy, winter was cold;
Yet through the frost we were consoled.
For even on the coldest nights,
We never suffered mosquito bites.

—Bern Williams

Accidentally on Purpose

Man blames fate for other accidents but feels personally responsible for a hole-in-one.

—Martha J. Beckman

Bill of Fair?

The client was going over a bill with his lawyer.

"It's not that I mind the charge for lunch," the client said, "although I must admit I thought you were treating me. But what is this item, 'Lunching Advice, $50'?"

"Don't you remember?" the lawyer replied. "You asked me what I recommended, and I told you the shrimp steamed in vermouth."

—Thomas LaMance

Seek, and Ye Shall Find

A man and a woman were leaving church services when she asked, "Did you see the fur coat on that woman in front of us? And how about the hat on that woman over across the aisle? And don't forget the electric-blue dress on that woman sitting over to your left—why, she looked like she'd dressed for a cocktail party."

"Well, no, I didn't see them," the husband admitted. "I'm afraid I dozed off."

The wife gave him a sharp look. "A lot of good church does you!" she snapped.

—Bill Sears

Going Batty

The baseball scout reported, "I don't think this young man has what it takes. I saw him hit a ball, speed past first, race around second, then charge past third before making a headlong dive across home plate."

"What's wrong with that?" the manager asked.

"After being called out at first?"

—Robert A. Sasserath

No Comeback

Lives there a man so lacking in hope,
Or filled with moneyed concern,
Who, call completed, fails to grope
In pay-phone trays marked "coin return"?

—Richard Armour

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A SALMON FOR THE WHITE HOUSE

Althea had her will drawn up the day before she died. Why, then, did she destroy it that night—or did she?

by Arthur Train

Illustrated by Arthur William Brown

Synopsis

Helen Kirkham's first salmon of the year, traditionally a gift for the White House, only fueled Althea Parson's ill temper, brought on by her sickness. Althea sent Helen away and called on her only relative, Edna Southworth, to tend her. When Althea died, her will was discovered torn, and her good friend Ephraim Tutt was called in as sole executor. Mr. Tutt intended to prove to the probate judge that Althea couldn't have destroyed her own will but that he knew who had.

Conclusion:

Pale, but still unshaken, Edna Southworth approached the bench and climbed the two steps to the witness chair. There was nothing to get jittery about, she told herself. All she had to do was to tell the exact truth and add just those few words—to say she had torn up the will but had done so at Althea's request. That one little lie would mean that she would get Althea's entire estate—$50,000. She paused a minute to regain full composure, smiled faintly at Judge Perkins, and calmly took the oath.

"Mrs. Southworth," Mr. Tutt began, "as the only niece of the testatrix, Althea Parsons, you were her sole heir and next of kin?"

"She had no other living relatives," Edna replied.

"Did you ever talk to your aunt about her testamentary intentions?" he insinuated.

Edna raised her chin. "Never. I wouldn't have considered it seemly."

"You knew that if she died intestate, you would inherit her entire estate?"

Slipping the book into the tail pocket of his old frock coat, he stepped quickly to the door. Did he imagine it, or had he heard the faint rustle of a dress and the creak of a board upon the stairs?

"Vaguely."

"So that when she made a will leaving one half to Helen Kirkham and only one half to you, you felt gypped?"

"Not at all," Edna answered loftily. "My aunt was entitled to do what she wished with her property. It was a matter of entire indifference to me."

Mr. Tutt took a cheaply bound book from the table beside him. "Of such indifference that you sent to Boston for this book?"

Edna's expression hardened. "What book are you talking about?"

"This one, which I found in the library at Miss Parsons' house. Is it not a fact that early in December—after you learned that your aunt intended to leave half her estate to Helen Kirkham—you sent to Boston for this book, entitled *How to Make a Will*?"

She stared at him without replying. How much did the old fox know? With a supreme effort, she pulled herself together. "Sure, I did. I was planning to make my own will, too, and wanted what information I could get on the subject."

"Mrs. Southworth," Mr. Tutt thundered, advancing toward her, "tell us who destroyed your aunt's will!"

Edna, in spite of her resolution, wilted. She sensed that this terrible old man must somehow know all. For a moment her powers of reason seemed stultified. What should she say?

Her mind flew back to that gray morning after Christmas when she had peeked through the door of her aunt's bedroom. Again she felt her shock at that first sight of death, a shock almost instantly overcome by the realization that lying in the bed table, beside and within arm's length of the body, was the paper that would deprive her of half the property she might otherwise inherit. She saw herself steal across the room and, with averted eyes, open the drawer. Yes, the will was just where she had put it! She took a step toward the fireplace, where some embers still smoldered, and then paused. No, too many people knew of the will's existence. Better make it seem that her aunt had decided to revoke it. It was hard to

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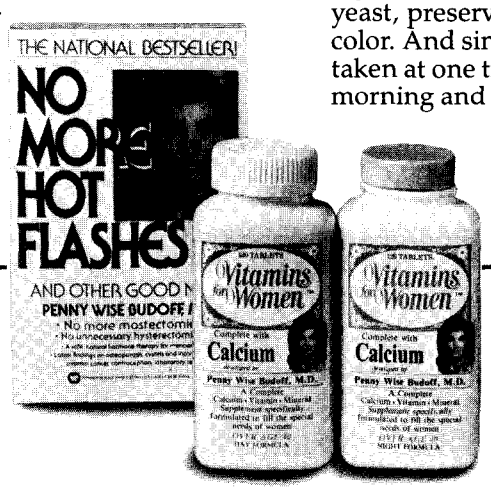

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tear, and at first it resisted her efforts, but at last she succeeded. Breathless, she shoved the fragments back in the drawer. Then, with her heart fluttering, she had tiptoed out and closed the door.

"Answer!" Mr. Tutt challenged. "You know who destroyed your aunt's will! Who was it?"

She gaped at him, her mind on dead center. Judge Perkins wheeled point-blank at her.

"Was it you?" he demanded.

Edna swayed and gripped the arms of the witness chair. "I—I——" she gasped.

Her reply was cut off by a commotion at the door of the courtroom. An elderly woman was being escorted by an officer toward the bench. Beneath her arm she held another book tightly.

"Excuse me, Henry," she said timidly to His Honor. "I hope I haven't done wrong in coming here this way, but when I read in the *Commercial* last evening that Althea Parsons' will had been destroyed and that they were looking for another, I remembered——"

She flushed and stopped in embarrassment.

"Yes, go on, Eliza!" the judge encouraged, smiling down at her. "What did you remember?"

"Why, I remembered the afternoon five or six years ago, during my husband's lifetime, when Althea came over to our house and asked to see him. I was having tea with some friends in the front room, and Charles was sitting by himself in the library. So I showed Althea in there, and a few minutes later they both came out. Charles had his arm around her and was laughing. He said: 'Althea's drawn her own will on a single sheet of writing paper and wants you to witness it. It's all right, too'—excuse me!—'a damn good one!' So we all put our names on it, and Althea left it with Charles to keep. This morning I looked through all his papers, but I couldn't find hide nor hair of it anywhere. So I tried to think what book he'd been reading at the time, and I finally recalled that it was the *Memoirs of General Grant*, and I got it out of the bookcase—the one with the glass front—and, sure enough, there was Althea's will, stuck in as a bookmark in Volume Two at page 291. So I brought it right over."

She offered the book to Mr. Tutt, who seized and opened the inserted paper.

"May I read this to Your Honor?

"I, Althea Parsons, wish all my property of every kind to go to my devoted friend, Helen Kirkham, who has been more than a daughter to me.

"(Signed) ALTHEA PARSONS,
"May 21, 1925.

"Witnesses:
"ELIZA M. HOLBROOK.
"JANE COOK.
"MYRTLE SABINE.

"If the court please, I offer this newly found holographic will of the late Althea Parsons for probate!" the old man cried.

Edna tried to collect her thoughts. The will produced by Eliza Holbrook, if valid, changed everything! And it would be held valid, if the court found that the later will offered for probate by Mr. Tutt had been revoked by the testatrix or at her direction. Unless she herself were prepared to swear that she had destroyed Althea's later will of her own motion, and without authority, she would lose the entire estate. Well, why not say so? It was the truth. Half a loaf was better than none! She moistened her lips and leaned forward, ready to testify. But Mr. Tutt raised his hand.

"Before you answer His Honor's question," he warned, "let me read you the law contained in the Revised Statutes of Maine, Chapter 138, respecting the unauthorized destruction of the will of another. It is as follows:

"Whoever willfully suppresses, secretes, defaces, or destroys any last will and testament of a deceased person, in his possession or under his control, with intent to injure or defraud any person interested therein, shall be punished as provided in Section Four.

"The next section provides for a punishment of not more than $1,000 fine and imprisonment for not more than one year. Now tell us who destroyed Althea Parsons' will."

Edna turned from yellow to green. She had certainly gotten herself into an awful jam. If she confessed the truth—that she had destroyed the will herself—she would go to prison; whereas if she testified that she had done so at Althea's request, Helen would get the entire estate. It wasn't fair! What should she do? For a moment she hung undecided, her bosom rising and falling. No, she wasn't going to jail—not even for $25,000. She set her lips.

"I did—but because she asked me to!" she answered defiantly.

A smile of triumph spread over Mr. Tutt's wrinkled face. "Well, well," he chirped. "Please tell us all about it!"

Edna stabbed him with a look. "Why"—she hesitated, thinking as fast as she could—"when I went up to bring down Althea's tray on Christmas night, I found Althea sitting up in bed—with the will in her two hands. She seemed to be trying to

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IN TIMES OF CRISIS

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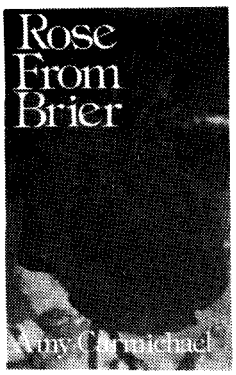

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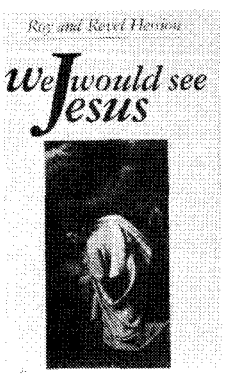

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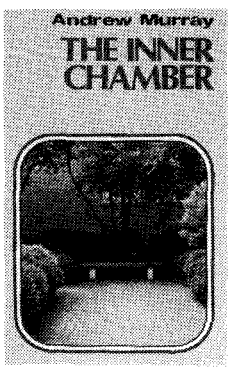

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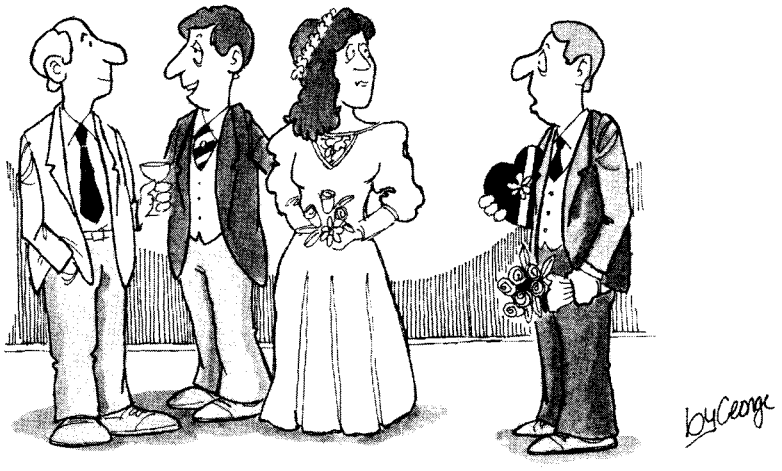
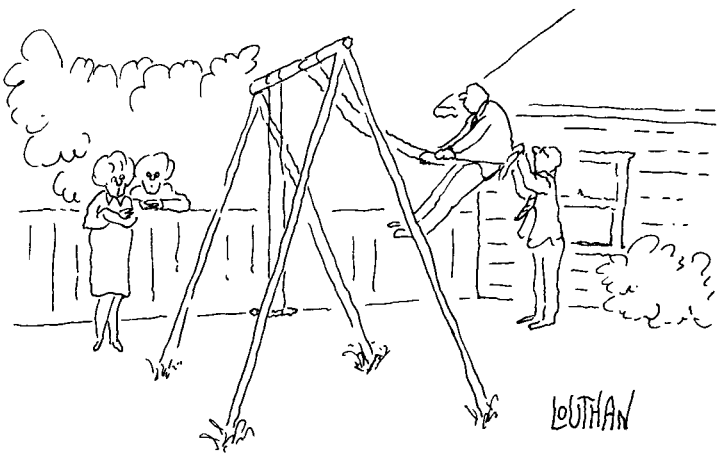


"Hi, Judy, can we talk, or is this a bad time?"

"Thanks, sweetie. It's the nicest birthday gift a daddy ever got."



"Earl and his dad have finally discovered each other."

tear it apart, but—but I guess—she was too weak. 'Here, Edna,' she said to me. 'Take this thing and tear it up. It isn't what I want. I'm going to revoke it.' So I did as she asked."

Mr. Tutt winked at Judge Perkins. "Thank you," he said. "Thank you very much! I shall call no other witnesses."

Judge Perkins looked down his nose at Edna. "You are the only person who knows the truth, Mrs. Southworth," he said. "I accept your testimony as conclusive." Then, turning toward the spectators, he rapped for order. "On the evidence of this witness, who swears that at the direction of the testatrix she destroyed the will offered for probate, such evidence being against her own interest, I decline to receive it. Let judgment be entered to that effect. Mr. Tutt, you may proceed to introduce proof of Althea Parsons' holographic will dated May 21, 1925. Call Eliza Holbrook to the stand." Edna had remained pilloried in the chair. The judge handed her back the book. "That is all, Mrs. Southworth. This treatise on making a will," he said, "in fairness to its readers, should explain that it is a crime to destroy one."

"I am just as pleased it doesn't," Mr. Tutt said. "Isn't there a verse from Proverbs that reads: 'Whoso diggeth a pit shall fall therein'?"

His Honor replied, " 'And he that rolleth a stone, it will return upon him.' You're not the only one who knows his Bible, Ephraim."

• • •

"Do I really get it all, Uncle Eph?" Helen asked as she clung to Mr. Tutt's arm at the top of the snow-covered steps outside the courtroom.

"Every cent!" he assured her.

"I shall give half to Mrs. Southworth, as her Aunt Althea wanted."

"The suggestion does you credit," he replied. "All the same, you'd better think twice before you do so. Besides, there are other things to consider—my fee, for instance."

"Your fee! How much will it be?"

Mr. Tutt squeezed her arm. "A whacking big one. After you're married, I want the right in perpetuity to visit you and Ted in the old house every year when the salmon are running. We've got to keep the White House supplied, you know!"

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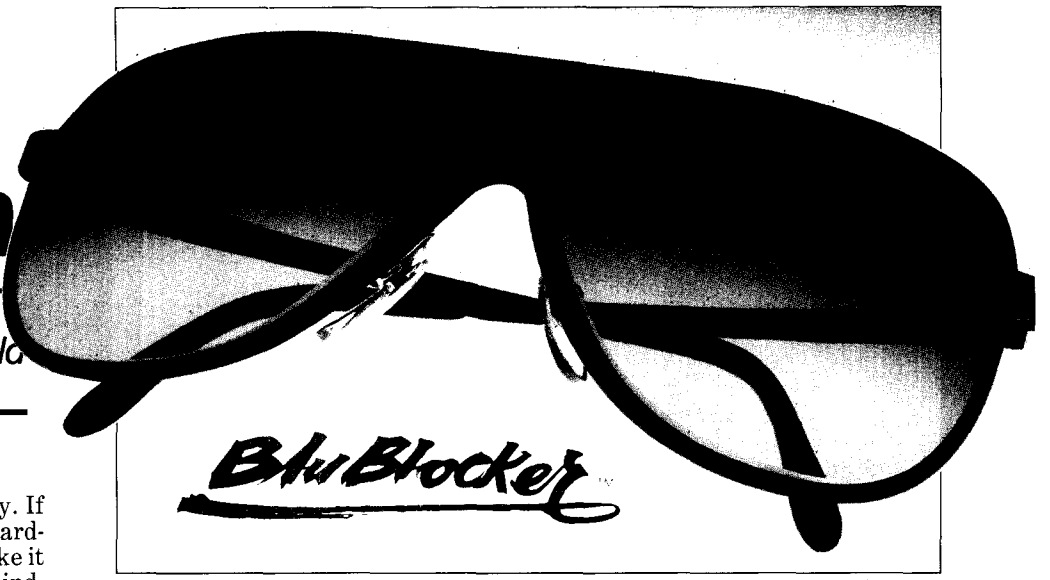
Vision Breakthrough

When I put on the pair of glasses what I saw I could not believe. Nor will you.



They look like sunglasses.

By Joseph Sugarman

I am about to tell you a true story. If you believe me, you will be well rewarded. If you don't believe me, I will make it worth your while to change your mind. Let me explain.

Len is a friend of mine who has an eye for good products. One day he called excited about a pair of sunglasses he owned. "It's so incredible," he said, "when you first look through a pair, you won't believe it."

"What will I see?" I asked. "What could be so incredible?"

Len continued, "When you put on these glasses, your vision improves. Objects appear sharper, more defined. Everything takes on an enhanced 3-D effect. And it's not my imagination. I just want you to see for yourself."

COULDN'T BELIEVE EYES

When I received the sunglasses and put them on I couldn't believe my eyes. I kept taking them off and putting them on to see if indeed what I was seeing was indeed actually sharper or if my imagination was playing tricks on me. But my vision improved. It was obvious. I kept putting on my cherished $100 pair of sunglasses and comparing them. They didn't compare. I was very impressed. Everything appeared sharper, more defined and indeed had a greater three dimensional look to it. But what did this product do that made my vision so much better? I found out.

The sunglasses (called BluBlockers) filter out the ultraviolet and blue spectrum light waves from the sun. You've often heard the color blue used for expressions of bad moods such as "blue Monday" or "I have the blues." Apparently, the color blue, for centuries, has been considered a rather depressing color.

For eyesight, blue is not a good color too. There are several reasons. First, the blue rays have one of the shortest wavelengths in the visible spectrum (red is the longest). As a result, the color blue will focus slightly in front of the retina which is the "focusing screen" in your eye. By blocking the blue from the sunlight through a special filtration process, and only letting those rays through that indeed focus clearly on the retina, objects appear to be sharper and clearer.

The second reason is even more impressive. It is harmful to have ultra-violet rays fall on our eyes. Recognized as bad for skin, UV light is worse for eyes and is believed to play a role in many of today's eye diseases. In addition, people with contact lenses are at greater risk because contacts tend to magnify the light thus increasing the sun's harmful effects.

SUNGLASS DANGER

Finally, by eliminating the blue and UV light during the day, your night vision improves. The purple pigment in your eye, called Rhodopsin, is affected by blue and ultraviolet light and the eyes can take hours to recover from the damage.

But what really surprised me was the danger in conventional sunglasses. Our pupils close in bright light to limit the light entering the eye and open wider at night like the lens of an automatic camera. So when we put on sunglasses, although we reduce the amount of light that enters our eyes, our pupils open wider and we allow more of the harmful blue and ultraviolet light into our eyes.

DON'T BE CONFUSED

I'm often asked by people who read this, "Do those Blu-Blockers really work?" They really do and please give me the opportunity to prove it. I guarantee each pair of BluBlockers to perform exactly as I described.

BluBlocker sunglasses use ophthalmic-quality CR-39 lenses with a hard anti-scratch coating. Over 85 percent of all doctors' prescriptions are now filled with CR-39. I have taken no shortcuts.

The black, light-weight anodized aluminum frame is one of the most comfortable I have ever worn and compares with many of the $200 pairs you can buy from France or Italy.

The weakest link in any pair of glasses is the hinge. So I have designed a screwless precision two-way tension hinge that not only bends when you close the pair, but is spring-loaded to bend outward too. You get a completely flexible frame that will comfortably contour to your face.

I also have two other exciting models. One is a clip-on pair that weighs less than one ounce and fits over prescription lenses and the second is a precision-molded plastic frame that looks identical to the aluminum model but without the tension hinge. All models include a padded carrying case and my personal one-year no nonsense limited warranty.

I urge you to order a pair and experience your improved vision. Then take your old sunglasses and compare them to the BluBlocker sunglasses. See how much clearer and sharper objects appear with the BluBlocker pair. And see if your night vision doesn't improve as a direct result. If you don't see a dramatic difference in your vision—one so noticeable that you can tell immediately, then send them back anytime within 30 days and I will send you a prompt and courteous refund.

DRAMATIC DIFFERENCE

But from what I've personally witnessed, once you wear a pair, there will be no way you'll want to return it.

Pilots, golfers, hunters, athletes and anyone who spends a great deal of time in the sun, who drives a car or who just wants to protect their vision—all will find BluBlocker sunglasses indispensable.

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TV'S NEW DAYTIME DARLING

Viewers across the country are being swept into a video love affair with Oprah Winfrey, today's most talked-about talk-show host.

by Charles Whitaker

It is 15 minutes to show time, and the Rosemont Horizon, one of the Chicago area's most cavernous arenas, is filled to the brim for a Lionel Richie concert. Suddenly an agitated murmur echoes through the hall. A "star" has been spotted amid the Richie worshipers. As word of the celebrity sighting spreads, the crowd's murmur swells to a loud, rhythmic chant: "*Oprah! Oprah! Oprah!*"

Finally, Oprah Winfrey is coaxed into hopping onto a chair. She waves vigorously, and the crowd erupts into a minute-long ovation punctuated by cheers, whistles, and shouts of "We love you, Oprah!"

Oprah Winfrey has indeed arrived. And it is not just in Chicago, where her morning talk show has been the dominant force in daytime television for three years, that she is a sensation. Since September of last year, when "The Oprah Winfrey Show" went into national syndication, the entire country seems to have been swept into a video love affair with Oprah. Her effusive, off-the-cuff interview style has given a badly needed transfusion to the anemic talk-show format.

Oprah's show has obliterated the hold that game shows and Phil Donahue had on daytime ratings; it regularly trounces her competition in head-to-head matchups. Some critics, however, have called her approach "fawning." Some blacks, in particular, charge that Oprah's "touchy-feely" manner toward the members of her predominantly white audiences is reminiscent of the stereotypical Southern "mammy."

Oprah is deeply stung by such comments. "I live my life and I do this show to try to raise people's consciousness, to give people a sense of hope in their lives," she says. "So when people write or say negative things like that about me it really upsets me, because it means they don't understand me or what my show is about. They've missed it. But I'm convinced that if people who believe that really got to know me, they wouldn't think I was that kind of person."

A talk show every morning and four to five speaking engagements a week barely tap Oprah's boundless energy.

Still, the dominance of "The Oprah Winfrey Show" in the 145 TV markets in which it appears is so complete that local stations on which the show airs clamor to have her promote their news programs in hope that some of the Winfrey magic will rub off on local programing.

Then there's the lure of Hollywood. Oprah's auspicious movie debut in *The Color Purple* last year earned an Academy Award nomination for her performance as Sofia in the screen adaptation of Alice Walker's Pulitzer Prize-winning novel. She followed that triumph in another film treatment of a literary work, Richard Wright's *Native Son*, which opened to mixed reviews in December. Still, her portrayal of protagonist Bigger Thomas' mother was hailed as moving.

Today, Oprah Winfrey, 33, is a bona fide phenomenon and media darling. She has been featured on magazine covers and profiled on television. Her life story has been retold in so many periodicals that even she is beginning to wonder if it doesn't now sound like a cliché.

Actually, the Oprah Winfrey story is part Horatio Alger, part Booker T. Washington, and part Cinderella. Born in Mississippi, she was first reared in Milwaukee by her mother and, when she became too precocious to handle, in Nashville by her father and stepmother. Hers was a typically poor-to-working-class childhood she describes as "not much different from anybody else's who grew up in the black experience during the time that I grew up."

Oprah excelled in speech and drama in high school and at Tennessee State University. During her sophomore year at TSU she was recruited by a local TV station to become a reporter. She has spent virtually all her adult life in front of the camera. After graduation from college, she moved to Baltimore to become the news co-anchor at WJZ-TV, the ABC affiliate there. Then, in 1984, it was on to WLS-TV in Chicago, where she transformed the failing "AM Chicago" show into the giant killer that toppled the venerable Donahue. Some say it was Oprah's success that forced Donahue to pull up stakes in Chicago and head for less heated competition in New York.

Oprah refrains from making such a claim. However, she acknowledges that going solo in Chicago was just what she needed to make her mark. "Part of the reason I've been able to do so well in Chicago is that for the first time in my career, I am alone," she says. "Up until now, I've always been paired with somebody else. The thing about working with a co-anchor or a co-host is that it can be stifling, like a bad marriage. Somebody has

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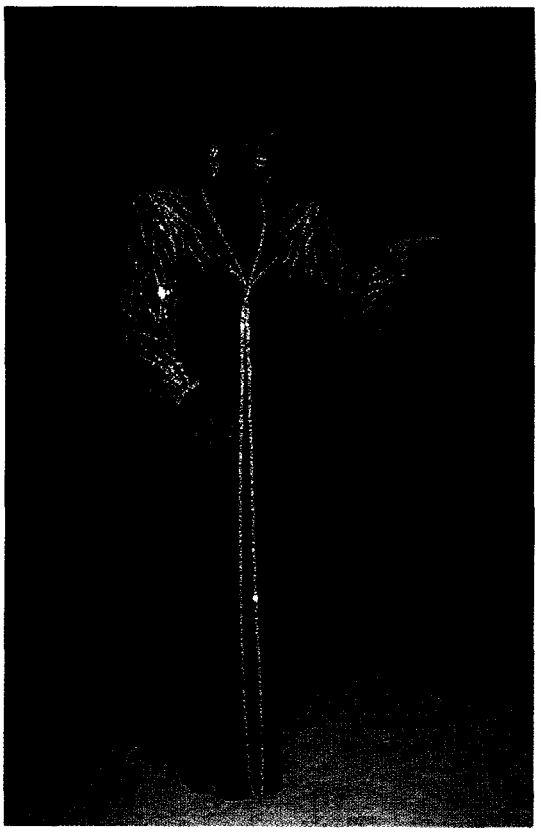
always got to surrender to the other person. And usually, the person doing the surrendering was me. But I knew that I would just bide my time and get good at this—so good that moving to the next place would be easy. That's why I feel very good about where I am right now. I feel I've earned the right to be here."

She rules over the blue-and-gray set on which the show is played like a combination of Barbara Walters and Joan Rivers. One minute she's all quips and one-liners; the next minute she is eliciting painful and personal testimonies from guests or celebrities. She also reveals her own personal tragedies. In the past, she has recounted her failed relationships, a childhood episode of sexual abuse, and her constant battle to lose weight. These insights have endeared her to Americans, making her one of the most sought-after speakers in the country.

Oprah, however, demurs when described as a "star." Never mind her $800,000 apartment on the 57th floor of an exclusive high-rise with a glorious view of Lake Michigan and the Chicago skyline; her chauffeur-driven Mercedes limousine; that she cannot walk down any street in America without having some passerby ask for a hug, an autograph, or a picture: Oprah Winfrey says that she still has trouble thinking of herself as a celebrity.



As yet there's no Oscar for Oprah, but she did make the Academy Award presentations.

"This morning, as I sat in my marble tub," she says, "surrounded by bubbles, with the water pouring from the golden swan faucet, I thought, as I opened my box of apple-cinnamon soap, 'Is this it? Is this what being a celebrity is all about? It's interesting, because I don't feel any different. My ability to acquire things has changed, but *I* don't feel any different. So, I keep saying to myself, 'Well, I guess I'm not a star yet, because I don't feel like one.' "

She does admit that her rapidly escalating income, acquired from her TV contract, movie deals, and speaking engagements, has allowed her to be a rather conspicuous consumer. It is estimated she will make close to $11 million in 1987. Her personal indulgences include a wardrobe of fur coats, the most eye-catching of which may be the $10,000 dyed-purple fox she wore to the Academy Awards telecast last year. Her recently decorated, marble-floored apartment is accented with such high-tech touches as pedestal lamps that resemble fluorescent rocket ships. The custom-designed furniture is swathed in fabrics of either deep purple (her favorite color) or cream.

Yet, she also spends lavishly on others: mink coats for relatives, a condominium for her mother, clothes and cash for members of her staff. "Oprah is generous to a fault," says her cousin Jo Baldwin, a vice president of Harpo (Oprah spelled backward), Inc., the development company Oprah started to handle her interests outside her talk show.

For example, two Christmases ago, when the seven members of her staff were denied raises by station bosses, Oprah gave each staffer $10,000 in cash stuffed inside rolls of toilet paper. "It was great," she says. "Everyone wept and had a wonderful time. It feels good to be able to do things like that with no strings attached, just because I can."

Some worry that news of this generosity will attract toadies who want nothing more than a free ride on Oprah's gravy train. She dismisses the possibility. "I do not have people around me who want anything from me other than my friendship and my emotional support," she says. "I have the most difficult time giving things to people who I think want them. The way to get something from me is to never ask for it. The minute I get asked for anything, my red flag goes up."

Nor is she concerned that her good

Working with Whoopi Goldberg in the movie *The Color Purple* was fun, but Oprah feels most at home with the close friends on her Chicago staff.

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fortune will abruptly end. In fact, she is adamant it will not. She maintains she is "destined to do great things." Her confidence is rooted in her belief in God. She says she has undergone a recent spiritual evolution that has enabled her to "press to the mark of the high calling, as Paul said." She declines to call the development of this spiritual consciousness a renaissance. "It's not being born again," she says. "It's an evolution, a realization of how life works—meaning that God is the center of the universe. Once you understand that, it's all really very simple."

She says she reads the Bible and prays—on her knees—daily. "I remember when I was little and my grandmother first taught me to pray. She said, 'As long as you have the power to bow your head and bend your knees, you do it and God will hear you better.' I have not been able to get that out of my brain," she says.

As successful as she is at present, Oprah admits the going has not always been smooth, particularly in her personal life. She says that in her less confident days she relinquished her self-respect to men. "The relationships I had were totally detrimental," she says. "I was a doormat. But the thing about it is, you realize that there is a doormat overload out there because everybody's been one. Now, I say, 'I will never give up my power to another person.' "

Her current boyfriend is Stedman Graham, a part-time model and the executive director of Athletes Against Drugs, a coalition of sports figures who campaign against drug abuse. She is loath to discuss the relationship, but she does allow that Graham is "an overwhelmingly decent man. He has made me realize a lot of the things that were missing in my life, like the sharing that goes on between two people."

Unfortunately, even the upswing in her love life has not made dieting any easier. Some critics have complained that Oprah's obsession with losing weight occupies too much of her conversation. At approximately 180 pounds on a 5'6" frame, Oprah says she talks about her weight no more than any other overweight woman. "It *is* an obsession," she says. "It's all any overweight woman talks about. It just happens that I'm in the public eye, so people think I talk about it more." She does plan to lose weight. She even hired a trainer and cook for a while to help change her eating habits and whip her into shape.

She is also weighing other acting assignments. ABC is negotiating with her production company to develop a situation comedy to star Ms. Winfrey. In it, she would play—what else?—a single talk-show host who lives in Chicago. The comedy series would be filmed in Chicago concurrently with the talk show. Ms. Winfrey says the schedule will be easy to maintain. "I have boundless energy," she says.

Her next dramatic role will probably be in a TV-movie adaptation of the novelist Gloria Naylor's *The Women of Brewster Place*. "I want to be a great actress," she says.

As film offers pour in and TV negotiations progress, she is enjoying life as it is. "It's a glorious time for me," she says. "I'm doing exactly what I wanted to be doing at age 33. I feel I'm ripening, coming into my own. It's an exciting time, an exciting age." ★

Oprah's movie credits will become three with the filming of ABC's *The Women of Brewster Place*, possibly late this year.

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CELEBRATING THE ROSE

This summer across America, in home gardens and public gardens, the stage has been set and the curtain will go up on our new national flower.

by Dr. Ellen Henke

This year, for the first time in a 40-million-year existence, the rose is blossoming as a national flower, so proclaimed by President Reagan on October 7, 1986.

That the rose deserves the honor is apparent, even from a cursory review of America's past. Roses date back tens of millions of years—their 40-million-year-old fossilized remains have been found in Colorado. Christopher Columbus might never have found the New World or its roses had not his crew, on the verge of turning back, reportedly spotted rose hips floating in the water. Later, the Pilgrims marked their progress at Plymouth Colony by planting roses, and Captain John Smith discovered the Indians of the James River valley beautifying their camps with the fragrant flowers.

The real inspiration for President Reagan, however, was probably rooted less in the distant past than in the historic garden just outside his Oval Office—the White House Rose Garden, one of the most famous gardens in the world. Site of many a ceremonial function (Tricia Nixon was married there), the garden lies tucked between the mansion and the West Wing, close to the Oval Office, where it was started by Mrs. Woodrow Wilson in 1913. Its arrangement, based on traditional 18th-century American gardens, features flowering crab apples underplanted with a collection of roses and colorful annuals. Tulips are in bloom in April. Low-growing begonias and impatiens (both wonderful plants for shaded gardens) add color during the summer months. In the autumn, as roses wane, mums start stealing the show.

One has only to stand in this serene setting to relate to Nancy Reagan's comment about the White House gardens: "If only trees could talk, I'm sure we'd have one more chapter in our American history books." Since trees can't talk, I had to rely on Ludwig Schneider, a White House supervisory horticulturist, to explain the famous garden and its upkeep. Mr. Schneider's duties include selecting plantings for the rose garden. When it comes to roses, he informed me, even the White House is limited to what is available.

"One section always contains the First Lady roses," he explained—roses that for years have been specially bred by various hybridizers and named after the current First Lady by the American Rose Society. The two most commonly available roses today are the orange-red Nancy Reagan (which the First Lady also cultivates at the Reagans' ranch) and the Rosalyn Carter, an orange blend. The Pat Nixon rose is, unfortunately, no longer commercially available.

Roses have been named after presidents as well, Mr. Schneider told me. The Mister Lincoln, a fragrant red rose, is one of the most popular. And whenever possible, White House gardeners try to feature it with the John F. Kennedy, a rose of pure white.

The grounds foreman, appropriately named Mike Lawn, is in charge of—what else?—the White House lawn. A mixture of grasses is used, he says; the predominant variety is Falcon, a tough fescue that grows in sun or shade and makes a textured setting for the well-balanced flower borders.

Because of competition with the crab apple trees and ornamental plants for sunlight, the rose garden demands extra-special care. Consistent and artistic pruning of the trees allows sunlight to reach the roses, and good mulching not only decorates the area but conserves water and reduces weed growth as well. The flowers are fertilized with quick-acting liquid fertilizer to keep the show on the road. For special parties the display is enhanced by potted roses from the greenhouses.

Whether cared for by experts or the inexperienced, whether viewed by the famous or by the neighbors next door, a rose, of course, is a rose. And it takes but a single bush to add a special touch to any home garden. So why not join in the celebration of the rose as our national flower and plant at least one at your house this summer?

Here are a few simple tips to ensure success:

- POSITION your rose where there is sun part or all of the day (the more sun, the more bloom) with reasonably good drainage, away from tree or shrub roots.
- PREPARE the ground by loosening the soil and adding peat moss and other decomposed organic material. Work a cupful of 5-10-5 granular fertilizer into this planting mix. (Before you start, get a pH test and correct the soil as recommended. Your local county agricultural extension service can do this for you.)
- PURCHASE grade #1½ roses from reputable nurseries or mail-order firms. They should have three vigorous canes at least 18 inches high. Be sure your selections are hardy enough for your part of the country. In making your selections you must first decide on a class of rose (based on its use in your landscape), a color, and

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perhaps fragrance. All-America Rose Selections are best bets. They have been tested and proven easy to grow across the country. Look for the green and silver tag that identifies them.

• PLANT bare-root roses in early spring. Container-grown and bagged roses can be planted anytime during the growing season. Dig a hole twice the size of the root system; set your new rose at the planting depth recommended for your part of the country. (The soil level should be slightly above the bud in climates with subzero winters and one to two inches below in climates in which winter temperatures stay above freezing.) Fill in your soil mix and firm the plant into position. Water deeply and continue to water regularly (one inch per week during the growing season).

• PRUNE in the spring so that the bush forms an open center. When the buds swell, observe how the plant is growing and cut the four strongest canes at a 45-degree angle a quarter inch above a bud that points toward the outside. These four canes should be cut back to about two feet high, and all other canes should be completely removed. This moderate pruning will produce a stronger bush with earlier and better flower production. Overpruning removes so much foliage that not enough food is produced for good growth and flowering. Remove all "suckers" from the base of the bush.

Prune in autumn only to prevent canes from whipping around and breaking in the wind. But climbing roses should be pruned after flowering in June so as not to sacrifice flowers. The best flowering laterals on climbers come from two- to three-year-old canes. Shorten flowering laterals to three or four buds and remove very old wood and dead wood. If you are growing a multiflora climber, remove all the current year's shoots immediately after bloom and allow the new shoots growing from the base to form the flowering plant for next year.

• SUMMER PRUNING consists of removing blooms as they fade. Do not allow formation of rose hips, which take so much energy they will deplete your garden roses. A pruning cut just above a leaf with *five* leaflets will ensure continued, vigorous blooming. Remove as little foliage as possible from new bushes—they need all the energy they can get. Long stems may be cut on mature bushes that grow too tall.

• Roses are voracious feeders. FEED your roses immediately after spring pruning with a ground feeding of 5-10-5 granular fertilizer or the equivalent. To keep your roses at peak bloom, feed them throughout the growing season with one of the new premixed, premeasured liquid fertilizers applied with a garden hose. This liquid fertilizer is absorbed by the foliage for an immediate boost. Stop feeding well before the cold weather sets in to prevent soft new growth from being damaged by winter.

• MULCHING with wood chips, pine needles, etc., reduces weeds, keeps the ground cool in summer, and keeps moisture in—and it's also very attractive.

• WATER early in the day so plants receive an inch of water per week.

• Spray with an INSECTICIDE only if you have an insect problem. Be sure to get a diagnosis and choose a specific control. A dormant spray of lime sulfur before buds swell in spring is an excellent control for black spot. If mildew and black spot become a problem, you can use dusts in ready-to-use containers or in a Funginex spray.

• PROTECTION will be required in parts of the country where winter temperatures reach zero. Consult your local county agricultural extension service or a good local nursery for recommendations. Miniature roses are very hardy—they generally need no protection. A deep watering in late autumn combined with application of an antidessicate spray will greatly reduce winter damage.

If you have a small space garden, roses are excellent subjects for containers. Use a soil-less mix and follow the care outlined above. Just be sure to water frequently, especially in hot, dry climates.

Cut roses for bouquets in the late afternoon when the food supply is highest. They will last longest if cut just as the petals start to unfold. Recut the stems under water and use a floral preservative to extend their life.

For centuries roses have inspired lovers, artists, poets, and gardeners. They have been celebrated as the symbol of love, beauty, and youth. Plant our new national flower in your garden this season and discover what special fascination the rose might hold for you.

Francesco Scavullo: Flower Photographer

A new career is blossoming for photographer of beauty Francesco Scavullo. Now that Van Gogh's "Sunflowers" has sold for $40 million, silkscreens of Scavullo's sunflower (p. 49) may one day also command astronomical prices.

After a career of photographing the faces of the rich, the famous, and the trendy and having this artistry decorate the covers of most major fashion magazines, the New York photographer has now turned for inspiration to another passion: flowers.

Conveniently, Scavullo grows his own models. "And I photograph them every day until they are gone," he says.

His newest bouquets, however, will not so easily wither, for he has transferred three of his favorite still lifes to silkscreens. After being exhibited at galleries around the country, they will go on sale, in editions of 100, for $1,000 apiece.

Scavullo next plans to try much larger silkscreens, "landscapes," he says, "that will take my camera out of the backyard to Mexico—or 42nd Street."

The frameworthy and collectable portraits on the following pages are two more of Scavullo's favorites continued from the last issue—with more to come.

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Every rose is an autograph from
the hand of God on his world about us.—
He has inscribed his thoughts in these
marvellous hieroglyphics. . . .
—Theodore Parker

Photography by Francesco Scavullo

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No, the heart that has truly lov'd never forgets,
But as truly loves on to the close;
As the sunflower turns on her god, when he sets,
The same look which she turn'd when he rose.
—Thomas Moore

Photography by Francesco Scavullo

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MORE ABOUT MAGNESIUM

Can magnesium help prevent sudden heart attacks and improve athletic performance? There's evidence from recent studies—and perhaps ancient Greece as well.

by Robert Grindy

Illustrated by Don Trawin

In 490 B.C., a Greek army routed a larger force of Persian invaders in a fierce battle across the Marathon Plain. Legend has it that after the battle a Greek soldier named Pheidippides ran the 26 miles from Marathon to Athens with news of the victory, delivered his message, collapsed, and died.

Pheidippides is remembered today as the first marathon runner. He may also hold a more dubious distinction: his death may be the first recorded case of a heart attack brought on by an acute loss of magnesium from overexertion in the hot sun. Today, when a well-conditioned athlete dies suddenly while competing, some doctors immediately suspect a magnesium deficiency. More and more research is showing that low levels of magnesium in the body can contribute to many cardiovascular diseases, including arrhythmias, sudden heartbeat disturbances that can lead to cardiac arrest.

Researchers have known for many years that the magnesium in the typical American diet is barely adequate for young women and not nearly adequate for men. Our bodies need about 3 milligrams of magnesium per day for every pound of body weight. Most of us get less than 2 milligrams per pound, however, and this deficiency could be responsible for many of our health problems.

To Mildred Seelig, M.D., the editor of the *Journal of the American College of Nutrition* and the adjunct professor of preventive and community medicine at New York Medical College in Valhalla, New York, the most exciting area of magnesium research is the relation of the mineral to cardiovascular diseases. "Increasing evidence suggests magnesium may well be protective against certain types of heart disease," she said. And if anyone would know what magnesium can and can't do, Dr. Mildred Seelig would: most researchers in the field agree she is one of the world's leading authorities on magnesium. For more than 20 years she has been at the forefront of magnesium research and education. Besides writing a definitive text on the mineral, *Magnesium Deficiency in the Pathogenesis of Disease*, Dr. Seelig lectures in symposiums around the world to alert the medical profession to the importance of magnesium. We asked Dr. Seelig to tell us more about magnesium, our hearts, and our health.

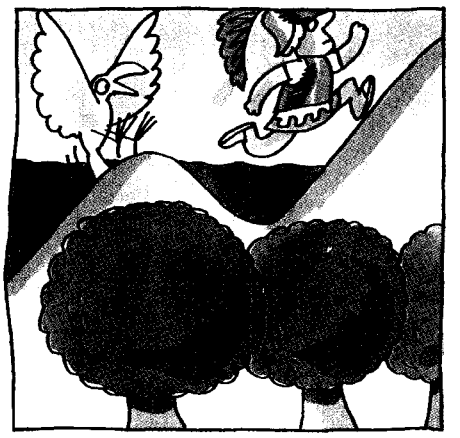
Magnesium and Heart Disease

Post: Are we more likely to have heart attacks if we aren't getting enough magnesium?

Dr. Seelig: Perhaps. Countries where magnesium is supplied in much larger quantities, such as in the Orient and India, have a much lower heart-disease death rate than Western countries. Probably the highest death rate from heart disease in young men is in Finland, which has been called "the country of young widows." There the magnesium level is the lowest. The United States comes a pretty close second to Finland in incidence of heart disease.

Post: Does the difference in magnesium intake come only from diets? Could magnesium in hard water keep hearts healthier?

Dr. Seelig: Back in the '40s, researchers found that the death rate for heart disease, sudden heart attacks, and strokes was very much higher in areas where the water was soft than where it was hard. In England, researchers originally believed calcium was the protective mineral in the water, because calcium from the limestone underlying England was responsible for most of the hardness in the water. But Dr. T. Crawford showed there was less magnesium in the hearts of accident victims—and



Marathon runners get their name from the legend of a Greek soldier who ran 26 miles from Marathon, Greece, to Athens. Because the country had no wire services in those days, the messenger Pheidippides ran over hill and dale to bring Athens the news of the Greeks' victory over a larger Persian army. For him the victory was short-lived—upon delivering his message, he promptly collapsed and died. Dr. Mildred Seelig believes Pheidippides' death may be the first recorded case of a heart attack possibly brought on by an acute loss of magnesium through overexertion in the hot sun.

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more scarring, suggestive of small heart attacks—in soft-water areas of Glasgow than in hard-water areas of London.

In 1971, Drs. Terry Anderson and W.H. LeRiche did a very careful study in Ontario and found that what they called electrical death—sudden arrhythmias—occurs far more frequently in the areas where the water is soft than where it is hard. Examination of the hearts of the people who died of sudden heart attacks showed that only magnesium, of several minerals studied in the hearts of accident victims, consistently correlated with the heart-attack rate. Those who died in the soft-water areas had lower magnesium content in their hearts than those who died in the hard-water areas.

Post: Are there hard-water areas in the United States where people don't have as much heart disease?

Dr. Seelig: Parts of the northern and central Great Plains have a high magnesium content in the soil and water. In the late '50s, Dr. Phillip Enterline and his associates went up to North Dakota to find out why some people there lived so long even though they had all the classic dietary errors of the United States. They had high fat, high salt, high calcium, heavy smoking, heavy drinking—and yet these people lived as long as 80, 90, and sometimes older. The researchers wanted to know what it was in North Dakota that was responsible for this extraordinary life expectancy despite the very bad dietary habits. They found they had to interview the young people out in the fields because the old people at home could speak only Finnish. This was a beautiful case—the people from Finland, where the death rate is the highest in the world for young men, had come to North Dakota and had lived into their 90s.

The only point the researchers found that was significantly different between Finland and North Dakota was that the water they drank in North Dakota contained a great deal of magnesium.

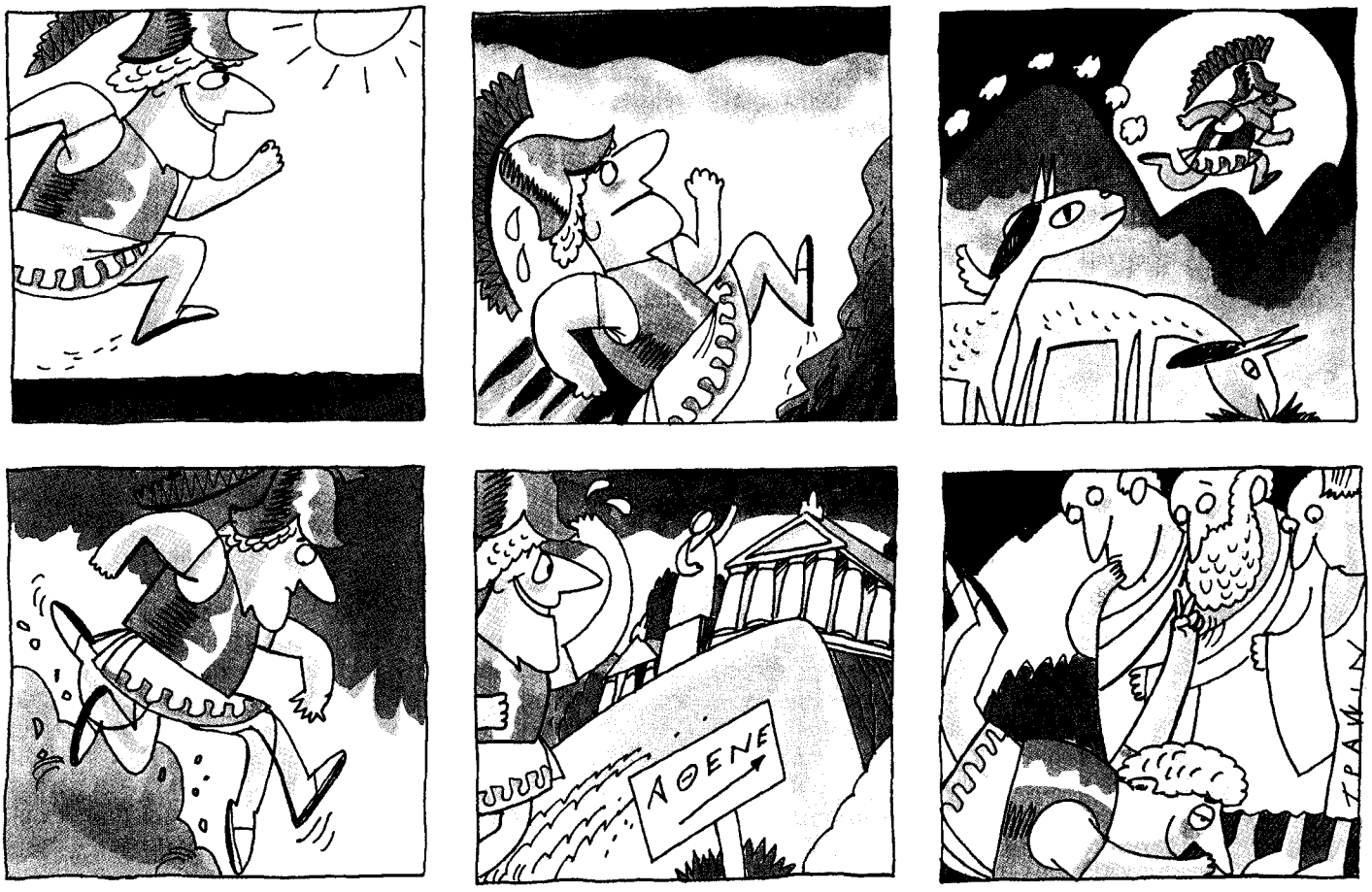
Conversely, in some parts of the Southeast and Northeast, the magnesium level is very low and the heart-attack rate is very high.

Post: Research has shown that low-density lipoprotein cholesterol contributes to heart disease and that high-density lipoprotein cholesterol may actually protect against heart disease. How does magnesium fit into this picture?

Dr. Seelig: Enzyme systems dependent on magnesium influence how the body handles fat, and some very interesting work has come from France about that. What they have discovered is that when animals on a very high-fat diet—the typical American problem—were given a diet low in magnesium, they had a very high concentration of the "bad" low-density lipids. When the researchers increased the magnesium intake of these animals, their high-density levels went up and low-density levels went down, which was protective. So it could very well be that our theories about the protective qualities of magnesium are not in conflict with the "fat theory"—it may very well be that the two march in tandem. Without adequate magnesium, the body cannot handle the fat excesses so common in the American diet.

Post: Some doctors give magnesium to patients during open-heart surgery. How does this help their hearts?

Dr. Seelig: When an amount of magnesium approximating that in



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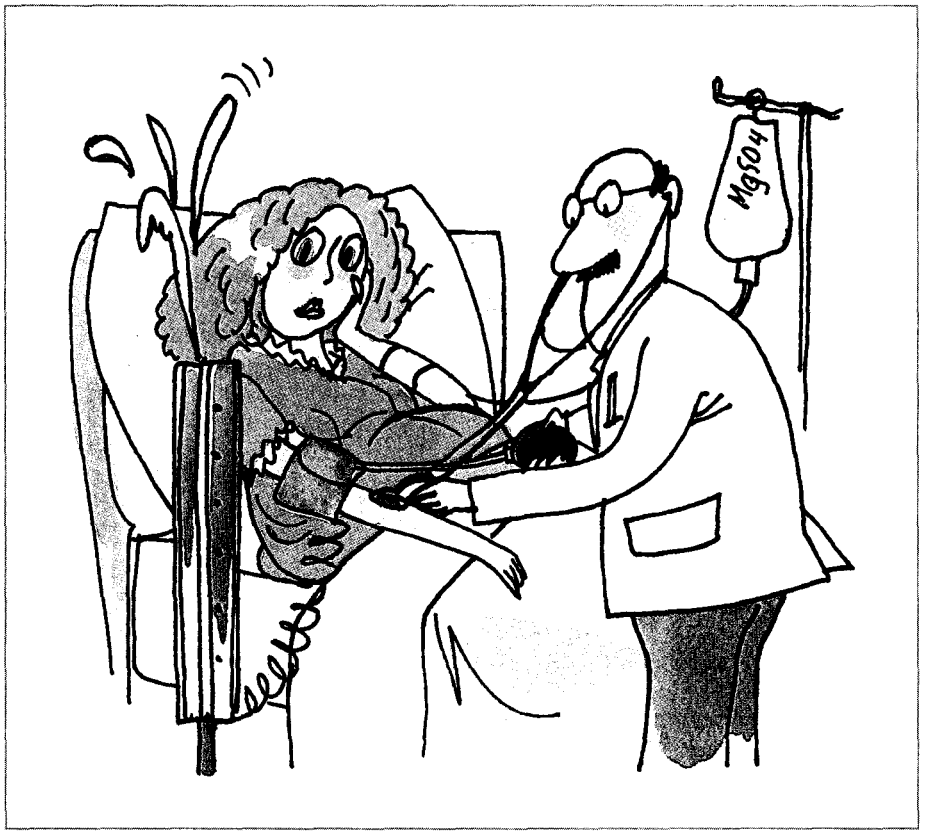

Magnesium sulfate to the rescue. . . . The potentially lethal disease eclampsia, with its fulminant hypertension, can turn a normal pregnancy into a medical emergency. A massive dose of magnesium sulfate administered promptly is lifesaving. This is one good reason why pregnant women should have their blood pressure monitored.

heart cells is added to the solution circulating through the heart being operated upon, or when magnesium is given to a patient before or after the surgery, the heart recovers better from the operative arrest and is less apt to develop postoperative arrhythmias.

Post: Do surgeons in the United States use this technique?

Dr. Seelig: It has not been widely used in this country, but it is more commonly used in England and many other European countries.

Hypertension, Stress, and Sleep

Post: Can magnesium benefit people with other cardiovascular problems, such as hypertension?

Dr. Seelig: Yes. However, this is a controversial subject. Magnesium affects the tension of the arteries, causing them to relax. This means it can have a very direct effect on the hypertension so prevalent in the United States and other parts of the Western world. In particular, magnesium in experimental animals has been found to cause a relaxation of the arterial wall. However, calcium—which causes arterial constriction in experimental animals—is being recommended for hypertensives whose calcium intakes are low. Which patients respond better to calcium and which do better with magnesium is being studied by Drs. Lawrence Resnick and John Laragh of New York Hospital-Cornell Medical Center.

Post: Stress is often a problem for people with cardiovascular diseases. Does magnesium affect stress?

Dr. Seelig: Magnesium does improve tolerance of stress, which can cause hypertension or arrhythmias.

Post: Does that include stress from physical exertion?

Dr. Seelig: Yes. In fact, when people with cardiovascular problems and low magnesium intake try to improve their health with strenuous exercise, such as jogging, they could be endangering their health. Magnesium requirements are markedly increased during physical stress. The heart is much more susceptible to arrhythmias during physical exertion if the magnesium level is low.

Post: Could that have been what happened to Pheidippides, thought to be the first marathoner?

Dr. Seelig: Well, we'll never know for sure, but it has happened to other athletes during physical stress. Autopsy examinations of their hearts have disclosed excessive amounts of stress hormone and low levels of magnesium. Stress—whether physical or emotional—causes the adrenal glands and even the heart to produce adrenalin, a stress hormone. In the heart, this allows more calcium to enter, which is necessary to increase the strength of the heartbeat. Unfortunately, when there isn't enough magnesium available, this can increase the risk of arrhythmia.

But preventing a heart attack isn't the only reason athletes should make sure they have enough magnesium. Research with marathon runners and skiers has found that their muscle cramps were reduced in severity and frequency when magnesium was given during their training. Their endurance and race performance improved also. In fact, American researchers tried to do a double-blind study on this, but when the men getting the magnesium had greater endurance and fewer muscle cramps than the control group, the subjects gossiped among themselves, and finally the control group demanded the magnesium as well.

Post: Do you think athletes who take magnesium regularly have an advantage over athletes who don't?

Dr. Seelig: I can tell you an ironic story about that. When I was presenting an exhibit at the Third International Symposium on Magnesium in Baden-Baden, West Germany, several young physicians from western European countries came up to me and asked questions about studies they might want to set up with their own athletes. I commented that there was a rumor going around that perhaps one of the reasons some of the iron curtain countries do so well in the Olympics was that they were giving their athletes magnesium during training. I didn't notice a person standing behind me until I heard this voice saying, "It's not a rumor—it is true." I turned around, and there was this physician from East Germany who said, "We always use magnesium supplementation while we train our athletes."

He then looked troubled and said, "I hope I haven't said anything I shouldn't have—but this is all in the

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literature anyway." As a matter of fact, some of the most important data on the efficacy of magnesium increasing the performance of athletes come from Rumania. We can wonder to what extent they use magnesium and, if our own Olympic athletes were given magnesium, would they do even better than they do now.

Post: If magnesium reduces stress, does it help the body relax? Could it be a natural tranquilizer for people who have trouble sleeping?

Dr. Seelig: That's a very difficult question for me to answer. We know that increasing magnesium is extremely important in decreasing irritability and tension in people with low levels of magnesium. Such people, who tend to be anxious, should sleep better when their magnesium inadequacies are corrected. Magnesium-deficient rats have slept better when their magnesium is increased. I haven't seen studies on the effect of magnesium on insomniacs, but I have spoken with physicians who said their patients seem to do better. That's not scientific, however.

A history of hypertension gives Dr. Mildred Seelig (above center) a vested interest in magnesium research—she'd like healthful times with her kids and grandkids (above and right). She and her son Dr. Charles Seelig (far right) plan to write a layman's guide to magnesium.

Diet

Post: Short of moving to North Dakota, how can we make sure we get enough magnesium in our diet? What foods are high in magnesium?

Dr. Seelig: Shellfish are the protein foods probably highest in magnesium. Interestingly enough, salmon is extremely high in magnesium, and we're all familiar with the use of omega-3 fatty acids from salmon, which have been found to be useful in cardiovascular disease. I wonder whether those who eat large amounts of fish are also being helped by the magnesium.

Dark green vegetables, such as spinach, are rich in magnesium, as are beans, nuts, and chocolate. Whole grains are much better than refined grains for magnesium. On the other hand, high-fiber foods and supplements might interfere with absorption of some minerals, including zinc and magnesium. People eating a very high-fiber diet might want to look into the possibility that the fiber is interfering with magnesium absorption, even though their diets are likely to be rich in magnesium.

In the Harvard Medical School, Drs. Edward Kass and Frank Sacks are currently investigating why vegetarians tend to have lower blood pressure and lower incidence of cardiovascular disease—and a generally longer life expectancy—than individuals on high-fat diets with a lot of meat. They are looking at several potentially protective minerals in a vegetarian diet, including potassium, calcium, and magnesium. Vegetarians tend to have a much higher level of magnesium.

Post: So once again we see evidence that shifting our diets away from red meats and high fat toward vegetables and seafood could lengthen our lives.

Dr. Seelig: Yes. However, I have found from experience that it is very difficult to get people to change their dietary habits, particularly when you take into account that even social drinking causes substantial loss of magnesium. A cocktail before dinner and wine with dinner will wash out a fair amount of magnesium, even in a vegetarian meal. Alcohol is a major factor in causing magnesium deficiency. So what is a little more practical is to provide magnesium supplements.

We all tend to think that magnesium in no matter what form is all right. Even milk of magnesia, which is a laxative, is converted into magnesium chloride in the stomach if the stomach acidity is normal. There is also a magnesium-chloride product available that's slow-released and enteric. I haven't seen the data on this, but I understand this form has been better tolerated than the milk of magnesia preparations, which if taken in large quantities have the classic effect. Runners given milk of magnesia may have to run—and not just to win the race.

continued on page 108

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CURING CANCER IN JERUSALEM

Curing a cancer as lethal as acute leukemia is a noble endeavor. If successful, bone marrow transplantation renders these patients free of cancer. The Post *visited the Hadassah Hospital in Jerusalem, where the procedure costs far less than in the U.S.*

by Cory SerVaas, M.D.

Photography by Rev. Peter Michael

There are many reasons to make a pilgrimage to Jerusalem. This beautiful ancient city houses the spiritual treasures of the three major monotheistic religions. Global interfaith cooperation is nowhere more evident than at the large hospitals of Jerusalem. We went to Jerusalem to meet with Dr. Shimon Slavin, renowned for curing leukemia victims with bone marrow transplants. Not only is having this procedure done far less expensive in Jerusalem than it is in most countries, but Jerusalem also is a marvelous setting to restore one's body and soul.

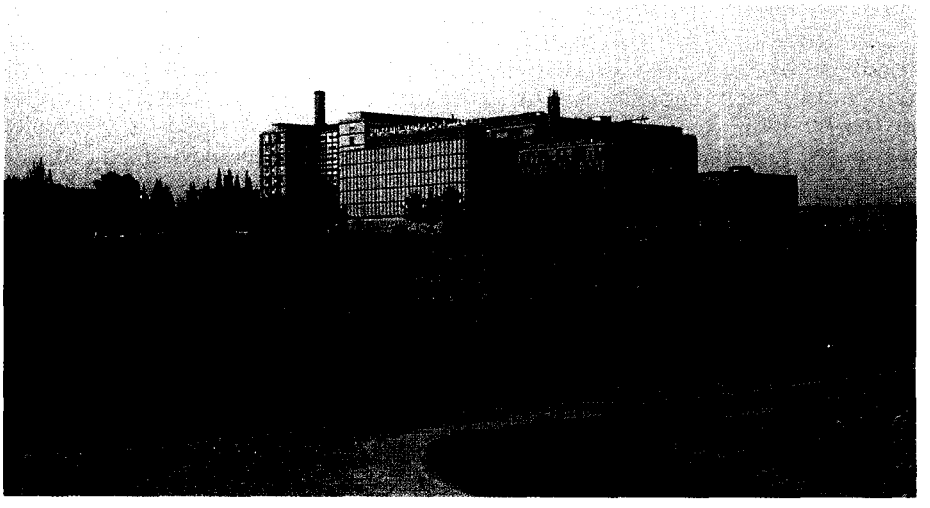
Jerusalem is indeed a city of surprises. The camels and the old city wall right out of the Bible are a striking contrast to the state-of-the-art, world-class operating rooms. From riding a camel near the Garden of Gethsemane and on the Mount of Olives on a beautiful sunny day, it is only a few minutes to the site of the internationally known bone marrow transplant program headed by Dr. Slavin. The Reverend Peter Michael and I made an appointment with Dr. Slavin at the Hadassah University Hospital to televise a story about a bone marrow transplant being done for a young leukemia patient from Buenos Aires, Argentina.

Marcello Elnagar, 31, had come to Jerusalem from Argentina with his sister, Christina, who would donate bone marrow for her brother. Marcello has chronic myeloid leukemia, a disease for which the average survival time is about three years. Marcello had been diagnosed in February. He was still in excellent physical condition, and having the transplant before his disease progressed improved his chances for a complete cure. His radiant sister seemed joyous at the opportunity to donate bone marrow for him. It was fortunate for Marcello that her bone marrow was a perfect match—the odds that it would be were only 25 percent, and there were no other siblings from whom to get matched bone marrow. Christina, a newlywed, told us she was waiting to start a family until the bone marrow transplant had been completed.

Before the transfusion could begin, Marcello had been treated to eradicate cancer cells, for the recipient's immune system must be entirely eradicated or it will recognize the transfused cells as foreign and reject them.

After Marcello received bone marrow from his sister, all blood cell types in his body were her cell types, having developed in Marcello's body out of donor stem cells from his sister. All circulating blood cells as

For a medical reporter and history buff, Jerusalem is the best of all worlds. From a camel on the Mount of Olives, one can see the Dome of the Rock with its centuries of religious history, and one can also see the Hadassah University Hospital, where acute leukemia patients are being cured with bone marrow transplants.



A winding road took us to the Hadassah University Hospital. On opposite side (not shown in picture) is a large John F. Kennedy wing. The hospital is subsidized by wealthy Jewish families, and dedicated Israeli physicians enable it to provide quality medical care equivalent to that of any major medical center in the United States.

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well as cells constituting the immune system (lymphocytes) develop from the stem cells.

Bone marrow transplantation, a medical procedure rapidly coming into greater use, involves infusion of normal bone marrow cells into a patient, as in a simple blood transfusion. Bone marrow transplantation, or BMT as it is abbreviated, has the potential to treat many life-threatening disorders in patients who cannot be cured by conventional therapy. Bone marrow is an amorphous, blood-like tissue located inside the spongy part of the bone. Its many kinds of cells are all produced by the stem cells. Properly functioning bone marrow is important because it produces: red blood cells that bring oxygen to all body tissues; a variety of infection-fighting white blood cells, including lymphocytes and antibody-forming cells; platelets that retard bleeding; and various other cells that protect against foreign pathogens and toxic agents as well as serve other functions.

Bone marrow transplantation is used to treat an incredibly large number of cancerous and noncancerous conditions. Acute leukemias, chronic myeloid leukemia, Hodgkin's and non-Hodgkin's lymphomas are the most common cancers treated with bone marrow transplantation. The procedure permits administration of several therapeutic agents in high, otherwise lethal doses. High-dose chemotherapy often coupled with radiation therapy is given in an attempt to eradicate all malignant cells. The patient is then rescued with normal bone marrow cells obtained from a normal donor or with treated cells from the patient himself. If any residual cancer cells of host origin have survived the heavy preparatory regimen of chemotherapy and radiation, the new donor-type immunological system can potentially react to destroy them.

Bone marrow transplants can also be the key to treating such genetic diseases as thalassemia major, in which the bone marrow produces abnormal red blood cells. The only known way to cure thalassemia major, a disease similar to sickle cell anemia, is to destroy the patient's own marrow and put in new bone marrow cells that will produce normal red blood cells. The thalassemias are a very complex, very common group of inherited diseases. Worldwide, 180 million or more people carry at least one gene with the thalassemia. In areas where the genes are most common, such as the Mediterranean basin and Southeast Asia, millions of people have an actual disease, having inherited at least one gene from each parent. Most thalassemia diseases are mild, but a small fraction are referred to as thalassemia major. In all cases, untreated thalassemia major patients eventually die from the disease or from complications of the frequent blood transfusions they must receive, but BMT can totally cure the disease, especially if the transplants can be made in the first few years of the patient's life.

Hebrew is spoken here, plus English, Arabic, Dutch, Spanish, and just about any other major language of our globe. In this international hospital, we found in the operating room a Dutch Protestant anesthesiologist from the Netherlands, a Spanish-speaking interpreter for the Catholic patient, a U.S.-trained, Hebrew-speaking Israeli bone marrow specialist, and a Jewish Israeli-trained hematologist who was a Jerusalem native. Jewish, Muslim, and Christian patients are all treated here.

"Our first bone marrow transplants are now over three years old," Dr. Slavin said. "The patients develop normally, receive no blood transfusions, no medications—as a matter of fact, they have no need to see a doctor at all." Dr. Slavin suggested that sickle cell anemia and other inherited blood diseases are potentially treatable with BMT. He told us of a patient who suffered from both leukemia and sickle cell anemia. A bone marrow transplant simultaneously cured both his leukemia and his sickle cell anemia.

Bone marrow donors are usually genetically matched siblings. When BMT is indicated, the patient, all siblings, and preferably both parents should be tissue-typed. If a patient has no matched donor in his family, a search for a suitable unrelated donor through computerized international data banks should be considered. The Hadassah University Hospital has a computer bank of the tissue types of volunteers who can be consulted by any patient anywhere in the world, Dr. Slavin told us with pride.

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A strong patriotic spirit was apparent everywhere in Israel—among young and old. Each time the telephone rang during our interview, Dr. Slavin excused himself to answer it, and we noted that this eminent physician was xeroxing material for us himself. After the third interruption, he apologized, explaining that his secretary had been drafted for military service. He wasn't complaining. Doctors, too, are conscripted. No able-bodied person seems to be exempt.

"There is no shortage of volunteers for bone marrow transplants," Dr. Slavin said, "just a shortage in funds to pay for the labor to do the tissue typing of those who volunteer to give bone marrow, should a patient need their particular type of marrow."

Dr. Slavin explained that the Hadassah's doctors prefer to take bone marrow using epidural anes-

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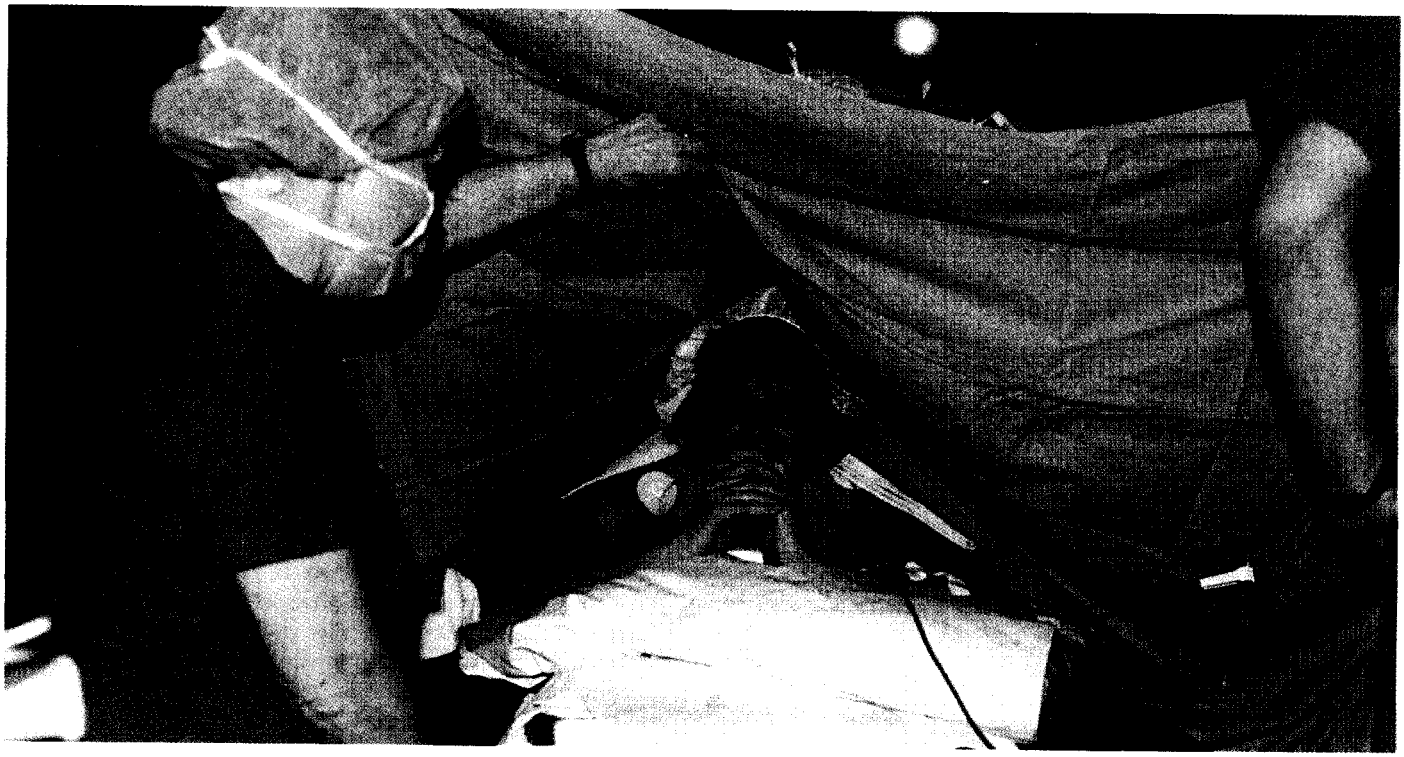
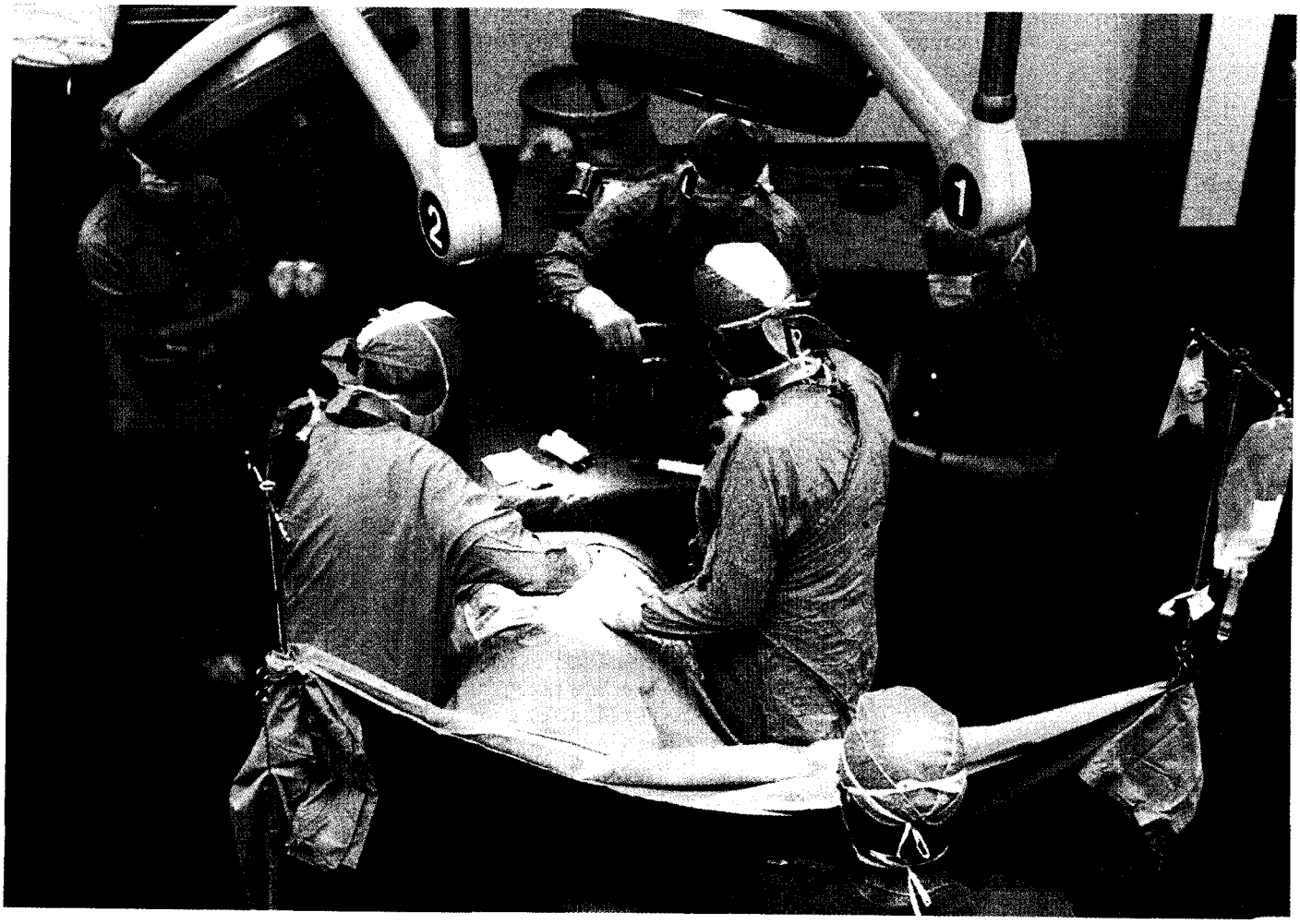


Christina, the beautiful sister of the leukemia patient, has been given an epidural anesthetic. She agreed to be photographed only after she ascertained, via her Spanish interpreter, that our photographs would help many other leukemia patients obtain help through bone marrow transplants. Throughout the world and in the U.S., many youthful leukemia patients die while waiting for a matched bone marrow donor. A computerized international bone marrow bank would prevent tragic premature deaths.



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thesia in adult donors. The extraction procedure entails a needle-size puncture on each side above the buttocks. From the two sites approximately two pints of bone marrow are aspirated. "It's a quite simple medical procedure," Dr. Slavin explained. "The risk is minimal, and the procedure is painless." The patient commonly experiences some weakness, as after blood donation. Marrow donors return to unrestricted activity within days.

The Hadassah staff also performs autologous transplants, in which patients serve as their own bone marrow donors. The procedure eliminates the graft-versus-host problem that can lead to bone marrow rejection, but it has certain drawbacks.

"The problem is to obtain bone marrow cells that are free of tumor cells," Dr. Slavin explained. One new "clean-up" method designed to get rid of all tumor cells uses a metallic powder coated with a chemical that adheres to cancer cells but not to normal bone marrow. The powder is mixed with the bone marrow; then, a magnet separates out the tumor cells. After cleaning, the healthy bone marrow can be frozen in liquid nitrogen by a process called cryopreservation until needed. A few minutes before use, the frozen marrow is thawed in a body-temperature water bath and infused into the patient.

Cryopreservation of bone marrow is recommended for patients with certain cancers who have been brought into complete remission by intensive chemotherapy but who are at significant risk for relapse of the disease. Examples are children who have lymphoblastic leukemias, lymphomas, or solid tumors such as neuroblastoma or Ewing's sarcoma and who have no genetically matched siblings. The bone marrow must be taken at an early stage in the first remission in preparation for possible later relapses. Transplants after the first remission are much less likely to succeed. Patients with cancers not treatable by BMT can benefit by preserving their own bone marrow for "rescue" following high-dose chemo or radiation therapy.

In Israel the cost of preserving bone marrow is about $4,000, including hospitalization and maintenance of the frozen marrow. Special purging procedures may raise the price to $6,000. "The Hadassah University Hospital can now safely eliminate several types of leukemia, lymphoma, and other cancer cells from bone marrow without harming the normal stem-cell function," Dr. Slavin said.

Christina felt no pain while Dr. Shimon Slavin and Dr. Reuvn Oor made fast work of aspirating the bone marrow from her sacrum. Each used a large needle and a great deal of force to penetrate the bone. By changing syringes and the depth and direction of the needles, about two pints of bone marrow were drawn from just two puncture sites.

Shortly before our arrival in Jerusalem, a young Soviet immigrant to Israel, Michael Shirman, died following a bone marrow transplant. Shirman had gained world-wide attention when Soviet authorities delayed his sister's request to come to Jerusalem to donate her bone marrow. "When she came, he was already very sick," hematologist Dr. Reuvn Oor of the Hadassah Hospital told us. "His body was full of tumor and the cancer doubled its size every three to four hours. So this was a cancer that nobody could expect you could cure. But he was a very strong man and very much wanted to do it. We tried it, and from the point of view of the treatment, we had great success, because we did get rid of his tumor. His sister was a perfect match for him. Identical. The patient went home after that, but complications followed, because he had been heavi-

One could see pieces of bone and fat tissue in Christina's liquid bone marrow. It took five hours in the lab to filter and prepare it for intravenous infusion into Marcello's arm.

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ly treated during the long wait for his sister. His liver and intestines were damaged from the previous treatment. But from the point of view of the cancer, he died without evidence of the tumor."

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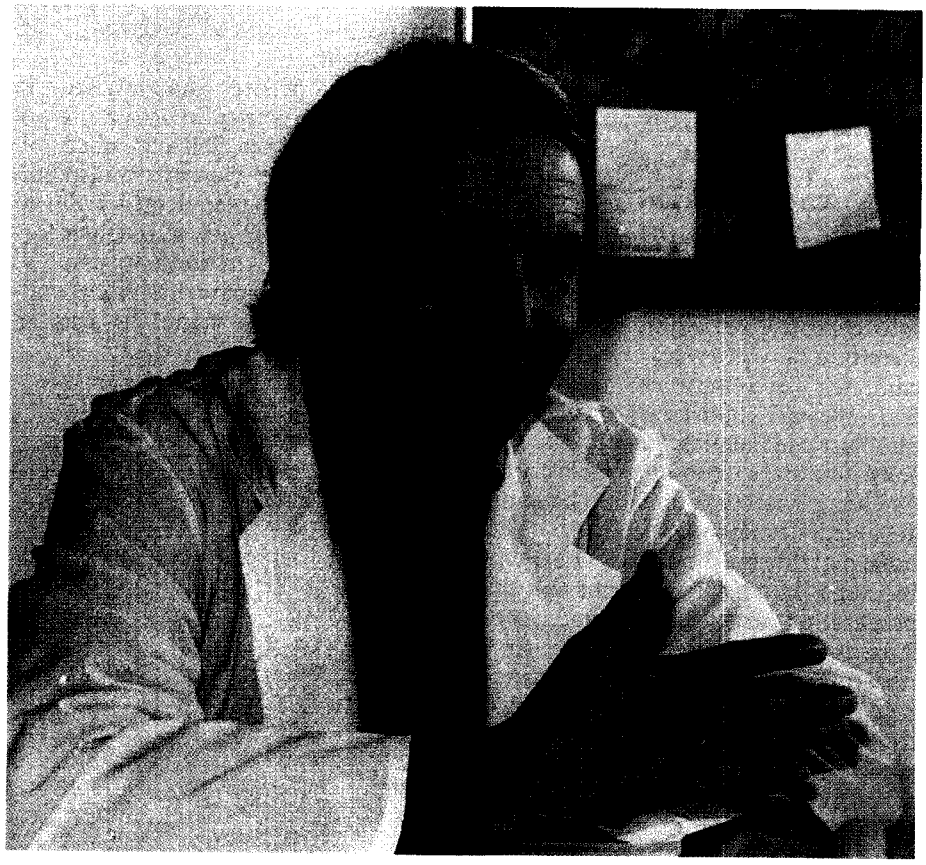
We had learned about Dr. Slavin and the work being done in Jerusalem from Dr. Jan Jansen of Indiana University Medical Center's Bone Marrow Transplantation Unit. Dr. Jansen, a native of the Netherlands, is a noted authority on bone marrow transplants. He is also working to set up a matched unrelated donors bank to provide bone marrow for patients who do not have suitable relatives for donors. Most of the 60 or so bone marrow transplantation centers in the United States limit their transplants to patients who have a brother or sister with an identical tissue type, Dr. Jansen explained. "Only approximately one out of every three patients who are otherwise eligible for bone marrow transplantation have such a donor," he said. "So, at present, a large number of patients who otherwise would be candidates will never receive a transplant because they do not have a suitable donor."

Although there are about 2 million different tissue types, Dr. Jansen believes a file of 3,000 donors could provide transplants for as many as half the patients who have no sibling donors. "What we would do is ask volunteers if they would be willing to serve on the file," Dr. Jansen said. "The only thing they would have to do is to allow us to draw some blood from their arm, about four tubes, and we would establish the tissue type from the white cells and the blood. Then we would enter the tissue type into a computer and store it." At a cost of about $350 for each tissue typing, even a relatively small donor file could easily cost $1 million. More patients might be helped by linking the local file with others nationally and internationally.

When we returned from Jerusalem, we told Dr. Jansen and other hematologists about Dr. Slavin's ambitious plans to set up an international bone marrow bank in Israel. One hematologist responded, "It's a damn shame not to have every donor in the world who's been matched on the computer system. There's an awful lot of data sitting out there, but it isn't pooled." He suggested the

Dr. Slavin explained the vision of Hadassah's bone marrow transplant department: to make an international bone marrow bank in Jerusalem that would make tissue-typed bone marrow donor volunteers available to anyone from any country who needed a transplant. Their booklet entitled "Bone Marrow Transplantation" was written in English to be circulated world-wide. It was just reaching the printer, but Dr. Slavin found a misspelled word. "You're an editor," he said. "Would you mind checking our English for more mistakes?" (His native tongue is Hebrew.)



"We don't do a transplant unless this is the only way to cure a patient," Dr. Slavin said. "All our patients are time bombs. It's only a question of when they are going to die, and a transplant can cure them. On the other hand, a transplant can shorten a patient's life if something goes wrong, so a transplant is a very risky procedure." He believes the procedure holds much promise for curing terminally ill thalassemia major and sickle cell anemia patients.

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U.S. Navy is interested in such a project and will possibly help support it.

Dr. Jansen was surprised to learn of the low cost for bone marrow transplantation being quoted in the Hadassah Hospital in Jerusalem. Dr. Slavin had told us that the cost of $35,000 in U.S. money includes all the work for the donor and the recipient as well as the convalescence. The fee also covers all expenses plus room and board for a companion.

Dr. Slavin reported that the Hadassah's bone marrow transplantation is covered by many foreign governmental and medical insurance programs. Insurers could deduce that since this procedure is capable of producing a complete cure, it would cost less in the long term than paying a leukemia patient's hospital bills for several years of critical illness, he said. Dr. Slavin pointed out that in the U.S. the average bone marrow transplant can cost from $150,000 to $200,000. "The cost of the ticket here is nothing compared to the savings," Dr. Slavin said with a grin.

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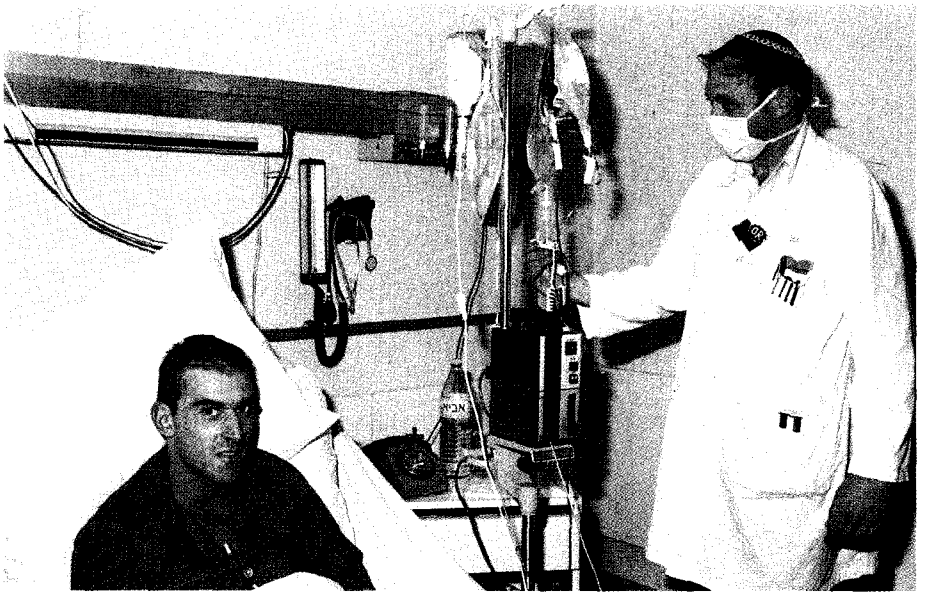
A U.S. visitor feels at home in the Hadassah. Many names are familiar. There is a John F. Kennedy wing on the hospital and, nearby, a Rockefeller Museum in Jerusalem. Just across the street from the King David Hotel is the most splendid Y.M.C.A. I've seen anywhere in the world. Such landmarks and the Holy Land aspects, too, make a trip to Israel for an important medical procedure seem less far-out than at first blush.

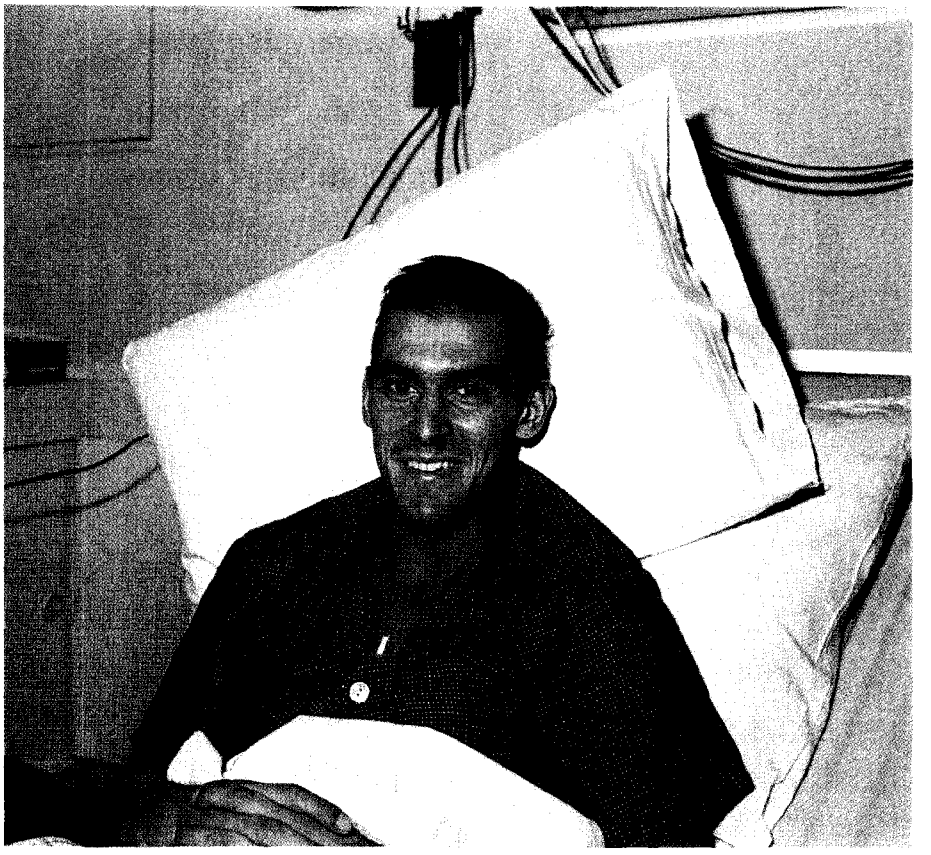
Obviously, the hospital's bone marrow transplant unit is subsidized. Many Jewish Americans contribute generously and with pride to the Hadassah. "Rich and religious Jewish families pay a lot of money to be buried on the Mount of Olives," one of our hosts observed.

Not all leukemias can be treated with bone marrow transplants, and bone marrow transplants are not successful in every leukemia patient. However, successful case histories make this procedure one that offers great hope.

Anyone wishing more information on bone marrow centers in the United States and abroad may obtain names and addresses of centers by writing to the Society. Address requests to: Bone Marrow Transplants, 1100 Waterway Boulevard, Indianapolis, IN 46202.



Dr. Reuvn Oor, an Israeli-trained hematologist, does follow-up patient care for Marcello after Dr. Slavin has departed for Italy to lecture on bone marrow transplantation. Dr. Oor and Dr. Slavin treated the Russian immigrant whose sister was detained for 11 months in Russia while her brother's leukemia progressed beyond salvation. "Her bone marrow matched perfectly, but it came too late to save him," Dr. Oor said. His skullcap doubles for a hair cover. He wears a face mask for precaution because Marcello's immune system is still developing from Christina's stem cells.



Marcello Elnager, the only son of a prominent Argentine Catholic family, now has an excellent chance of being completely cured of his leukemia. "If his sister's stem cells begin making his blood cells, Marcello will be completely cured. He will receive no further blood transfusion and no medications and, as a matter of fact, have no need to see a doctor at all. We know that this disease can be totally cured," Dr. Slavin said.

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THE 700 CLUB PRESENTS LIFECARE DIGEST

Manic Marker
Manic-depressive disease is a mental illness that can be passed from generation to generation. A psychiatrist has discovered a marker to determine how this depressing disease is inherited. Doctors prescribe lithium to successfully lift the depression.

Dollar Diagnosis
Medical expenses are healthy, but not for your wallet. Doctors will explain how you can examine your medical costs and get the most for your money.

Flash Fears
Some women grow faint with fear of menopause and its symptoms. But

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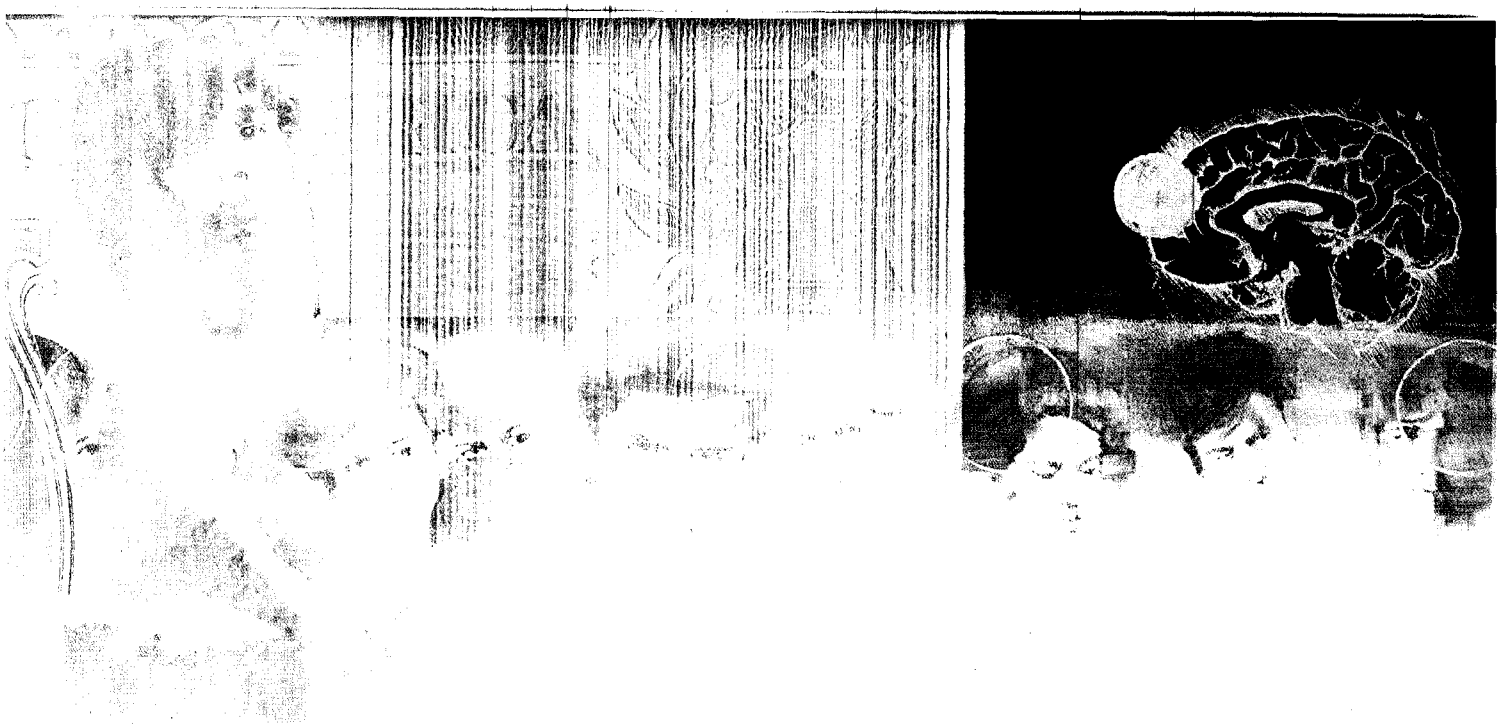

hot flashes, mood swings and temporary forgetfulness need not be overwhelming. Understand the change of life and the help that is available for today's women.

Mental Floss
Mental illness can be caused by very real diseases that require professional treatment. Discover the signs and symptoms of an unhealthy state of mind and know when to seek professional help.

Parking Parkinson's
Adrenal gland cells are believed to produce dopamine when transplanted into the brain. This procedure has been found to reduce the tremors and other symptoms of Parkinson's disease. What are the predictions for long-term benefits?

Wet Beddie-Bye
Bed-wetting is a nightmare for both child and parents. An authority on this embarrassing problem discusses new alarm devices and psychology that can help your child say goodnight to a wet bed.

Little Men & Women
Boys and girls are often thought of as little adults in today's fast-paced society. Find out how children can be taught responsibility while still enjoying their youth.

Bank On Your Blood
Some viruses still cannot be detected in donated blood. If you're facing major surgery soon, you may want to contribute your own blood supply. Find out why an autologous blood transfusion is the safest way to receive needed blood.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

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REMEMBER THE ALIMONY

The key that turns wedlock to wedloose is explained by a purple-heart veteran of marriage.

by Maynard Good Stoddard

Illustrated by Don Trawin

Someone has said (maybe it was me, my memory having been on the skids since I can't remember when), "You can fool some of the women some of the time, and you can fool some of the women all the time, but you can't fool your wife at any time."

Take George Shamblin—and I'm sure Mrs. Shamblin wouldn't mind in the least. According to an item in *The Pittsburgh Press,* "George Shamblin insisted to police that he was trying to save his wife from drowning when he threw rocks at her as she struggled in the Kanawha River. 'I was trying to drive her back to shore,' he said."

Whether this line of reasoning kept the Shamblins from joining the crowd at the local divorce court is not known. But we can suspect the worst. And today I am taking my typewriter in hand (no mean trick in itself) in hopes that by reasoning with the Shamblins and their ilk I can reduce to a trickle this swelling stream of traffic from the main house to the doghouse to the courthouse, and all too often to the nut house, if not the "big house."

Admittedly, a male Ann Landers I am not. But when a man has united his plight with a woman in the trough of holy wedlock (or however that goes) for as many years as I have, it's a shame not to unload some of this marital wisdom upon couples perhaps still fresh from the altar. Or the ocean floor. Or the skydive. Or wherever it was they elected to recite their homemade vows.

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Among these bona fide divorce-court cases, we'll first try to do something for the Wangle couple.

"Because I thought a man was entitled to go out by himself once in a while," testified John Wangle in Domestic Relations Court, "my wife bought two bloodhounds and had me tracked down wherever I went. I am beginning to feel like a hunted thing." During the trial the two bloodhounds ran into the courtroom and began baying at him. It took 15 minutes to subdue them.

I'm sure you'll agree that Mrs. Wangle got carried away. Or let her marriage go to the dogs, you might say. (I certainly wouldn't say it, but you might.) There is something to be said, however, in her behalf. Those of the female persuasion apparently possess an inherent instinct that alerts them when hubby is preparing to relieve the monotony of married bliss. Her file cards on a man's excuses accumulate faster than her recipes.

How come that lipstick on his collar? He was knocked down by a freshly painted bicycle. The powder on his blue serge suit? From carrying a baby across the street for this mother, an extremely ugly woman. The perfume? Raw ambergris from a sick whale. What was he doing with a sick whale? Etc.

Mr. Wangle admitted to a colossal blunder, of course, in his opening statement: "I thought a man was entitled to go out." A married man never just "goes out." Whatever his intended goal, he is going bowling, to a lodge meeting, back to the office, to look for night crawlers, to sit up with a sick friend. But to just "go out"—sheer insanity!

As for Mrs. Wangle's lack of imagination in hiring bloodhounds, why would she pass up the thrill of tracing hubby's prowlings herself? Being in on the kill when the lodge meeting turns out to be his lodging himself on

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another woman's sofa, or when the friend he is sitting up with happens to be chic rather than sick, often supplies the very fillip that keeps a dried-out union from becoming unglued. Excitement, in other words, is the spice of marriage.

• • •

I only hope I can do as much for the Zonkers.

"He preferred his niblick and his No. 2 iron to me!" That plaint was voiced in court today by Mrs. Karl Boris Zonkers, who filed a divorce action against her husband on charges of cruelty and mental torture.

"When he took his golf bag to bed with him, it was too much for any wife to endure," she told the court.

Decision was reserved by the court when the husband's attorney declared that his client was unable to appear in his own defense because of a previous golf date.

A less cultured man than I might suggest that it's merely Mr. Zonkers' legitimate preference in bags. But that would only complicate the situation. I *will* speculate, however, that Mrs. Zonkers has allowed herself to go to pot in the mistaken belief that hubby will stick with her through thick or thin. Now she finds that regardless of how badly beaten up from years of use, however much the bottom may sag from being dragged on the ground, or how many bulges from constant overstuffing, the golf bag's silhouette still leads the competition when it comes to turning hubby on.

You must accept the fact, Mrs. Zonkers, that your husband is not unique. One golfer (I've forgotten his name), upon seeing a funeral procession passing the course he was playing, doffed his cap and held it over his heart until the last car went by. "That certainly was a respectful gesture," his partner remarked, lining up his putt. "It was the least I could do," the respectful man replied. "We would have been married 35 years tomorrow."

If I were in your shoes, Mrs. Zonkers (and I have a feeling they would fit), I would give the golf bag a run for its money. Instead of trying to stymie your husband's enthusiasm for the game, go with the flow. Not only accompany him on his golf outings, but keep his score, carry his bag, look for lost balls. Kicking a ball out of the rough onto the fairway now and then could do wonders in restoring you to the No. 1 position that his niblick and his No. 2 iron have assumed.

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And on to the Hemlock case we go.

Mrs. Mazie Hemlock brought suit for divorce today against her husband, Malcolm P. Hemlock, charging that ever since their marriage several years ago, he had been trying to reduce her height by piling sandbags on her head every night.

"He is a small man and self-conscious about his height," she said. "Whenever we go out together, he tries to get me to walk stooped over so he won't appear so small."

Call me chauvinistic, Mrs. Hemlock, but this seems to me a trivial inconvenience to keep a marriage from going down the drain. A husband, tall or short, stoops most of his married life in keeping his shoulder to the wheel, his nose to the grindstone, and his hand to the checkbook. But let your hubby ask you merely to shorten your profile when you're out together or to sleep with a few sandbags stacked on your head, and off to court you go.

True, Mr. Hemlock, you could put lifts in your shoes or wear a stovepipe hat. But evidently your high principles will not tolerate deception. Nonetheless, you might try one or the other—at least until your wife gets that crick out of her neck and that monkey off her back.

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That brings us to the Bastile case.

Tramps in the bathtub and hobos in the hall were named by Mrs. Mary Bastile as grounds for divorce against her husband, Ferdinan, in Domestic Court today.

"Ferdinan has a fondness for odd characters, and he brings them home at all hours," Mrs. Bastile explained. "I can't walk through the apartment without finding an old salt or an amnesia victim much more at home than I am. Either his pals get out or I do. Our flat has become a flophouse."

Mr. Bastile replied that he had nothing against his wife, but he found strange characters more entertaining.

How any wife can resent her husband's role as a Good Samaritan is hard to fathom. We can appreciate your shock upon preparing for a bath, Mrs. Bastile, to find a tramp soaking in the tub, reading the *Hobo News,* and puffing on a snipped cigar butt. Or when you come home late and sprawl over an old salt asleep on the entry rug. But have you ever considered staying at home and becoming acquainted with the boys? Frankly, I find it rather rude of you to go out when you have guests in the house.

• • •

Laugh and the world laughs with you, goes the old saw. But the old saw failed miserably in the case of Mr. and Mrs. Flint.

Mr. Zavior Flint is seeking a divorce from his wife, Blossom K. Flint, because her sense of humor is too good.

"My wife," he told Judge Todd, "laughed heartily when I broke my ankle; she laughed when the house burned down; and she laughed even harder when she discovered the insurance had lapsed. When I fell in a puddle, she almost broke a blood vessel laughing, and she practically laughed herself sick when I ran my brand-new car up a tree."

Mrs. Flint laughed during the entire proceedings in court.

A man, on rare occasions, can argue successfully with his wife, he can dodge a flower pot, he can take a sedative for jangled nerves. But against his wife's laughter there is no defense. I refer here not to laughter stemming from his jokes or from his wearing a lampshade at the party. I refer to the laughter of the wife of the builder of the Tower of Pisa when it began to tilt. The laughter from Mrs. Schubert that no doubt was the reason her husband didn't finish his symphony.

Your mistake, Mr. Flint, is misconstruing your wife's laughter as reflecting a sense of humor. Should you be right, the Smithsonian will surely be bidding for her remains. In the meantime, Mrs. Flint, do try smiling instead of laughing. And not a loud smile, more like the Mona Lisa type.

My own dear wife just came in with the Mona Lisa type to remind me I had promised to pull the backyard elm stump she has been falling over for the past nine years.

"Wait till I finish this paragraph," I told her. "It's about your being able to remember our wedding day because it was the last time you walked down the aisle without a shopping cart."

"That reminds me," she said. "Have you seen the lid to the garbage pail?"

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THE MAGICAL GERANIUM

Many years had passed, but the sight of a certain red flower could still bring back a poignant scene from his past—the memorable morning of Marlene's wedding.

by Margaret Weymouth Jackson

Illustrated by B. Kimberly Prins

The rosy-cheeked old man sitting in the back of the parked car looked rich. He wore a fine black camel's-hair overcoat, his silk scarf was white as snow, and his hands rested on a gold-headed cane. If you looked a second time, his blue eyes were too merry, his glance too inquisitive. Such a merry look did not belong to wealth, and he was, in fact, not a rich man at all. The fine car belonged to his grandson. His son had given him the overcoat, his daughters the scarf and cane. They were always giving him things, his children and his grandchildren. They vied with one another in invitations to him. For he was what he looked to be, a merry old man. He never asked for anything. It was a rule of his. And with the perversity of human nature, everyone pressed things upon him.

He had a tiny income of his own he had acquired by careful hoarding in an earlier day. It permitted him to keep a room for himself at Mrs. Caloway's. When he stayed in it, Mrs. Caloway fed him simply and frugally. He liked to visit his children. But if their houses became crowded with guests or if he himself got out of tune with them, he had his own place to go to. To have this was the very breath of life to him.

Today, the old man waited with a kind of dreamy patience for his grandson, Tom Paul, his namesake. There had begun in him a slow simmering, like a kettle that is just getting good and warm but not yet boiling. He knew this feeling would take him, in a day or two, back to his own quarters. A small thing had happened at breakfast—he was not sure what it was, but something

The whole earth lay crushed and silent, filled with the sound of her dark despair. And there was nothing he could do at all.

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had made him think about his mother. There must have been many years of his life, he knew, when he had scarcely thought of her. But as he got older, it seemed that the great things in his life—his work, his marriage, his children—faded away from him, and he went back to her again and to his childhood. But he was thinking only vaguely this morning. It was more of a mood than a memory. Then he saw the boy with the pot of flowers.

The lad was walking slowly, carrying the pot of flowers in both hands. It was a small pot, and the flower was a modest flower, a red geranium with two bright blooms on it. The little fellow was intent upon not dropping it.

Old Mr. Paul leaned forward sharply and stared at the boy. His mood was crystallized, and he was filled with the memory of sharp pain. He closed his eyes. He fought back the tide that threatened him. When he opened his eyes, he saw his grandson coming toward the car. As soon as young Tom opened the door, the old man spoke to him.

"I want to go home, Tom," he said. "I want to go right away."

"To Mrs. Caloway's? Right away, grandfather?"

"Right now. Your mother can send my suitcase to me. I'll want to stay at home for several days."

"Right!" Tom said. He drove straight to Mrs. Caloway's.

She was just going out, and she waited on the stairs until Tom took the old man up to his room, hung his coat and hat away, settled him comfortably in his big chair by the front window. Tom went out quietly and closed the door behind him. From the street he looked up at his grandfather's window. Mr. Paul was just sitting there where he had left him, but he did not look out or down at Tom. The young man knew that he was forgotten.

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It seemed incredible, looking back on it, that they really did not have any home at all. Their worldly possessions were so few and so flimsy they could all be packed into one small old carpetbag that could be carried along easily as they went from place to place. For there were only his mother and he. They were never parted, even for a day. But the fact remained, and neither of them ever forgot it, that they had no home.

He must have been about eight years old. The ravages of the Civil War still lay on the Missouri country in the 1870s. The circumstances of his father's death his mother told him when he was older. He could remember his father. He could remember now the memory of him, mostly a soft, low voice and a soft dark beard. But his father was gone, and at that time—at the time of the potted geranium—he and his mother were alone.

They "visited." Strange that he had never seen before that, save for this room, he did the same thing now. But they had no room then, no place of their own. No home, no home! He and his mother visited Aunt Beth, and Cousin Orinda, and Uncle Andrew, among them. Cousin Orinda was rich; Aunt Beth had only a small house, and Uncle Andrew lived in a double log cabin with a breezeway.

"'It hardly sounds respectable to me,' Cousin Orinda said. 'A woman living alone.'"

Wherever they went, his mother immediately began to sew. She was not a "pretty little mother," not even then, although he supposed she was not yet 30. She was tall and gaunt, with brown arms and fierce blue eyes and straight, thick brown hair. She was very clean. She had a sachet even in the old carpetbag that had been his father's.

There were a number of things in that carpetbag—except money. They never had any money. The brass insignia from his father's Union army uniform were pinned to the lining. A few worn, much-read letters of his father's; his father and mother's "permission to marry," written out on foolscap paper; his grandmother's worn old Bible with all the family names in it. There was linen underwear for both of them and yoked shirts for him, with homespun pants. A pair of shoes, too, though he did not wear them often. His mother's good black silk dress, with the garnet pin and garnet earrings, was folded into an old pillowslip. The calico Mother Hubbard dresses she wore daytimes and when she was sewing. There was, too, a set of charts, which were her means of living. He could see them yet, unfolded and spread out on the floor, with rows of little perforations, so that she could mark out the size of pattern needed. One was for a gored skirt, one for a basque, one for a jacket. There was nothing she could not make with those patterns, along with her clever hands and her big sharp scissors.

They were always welcome. As long as there was sewing to do, they were as welcome as they could be. Tommy, taught he must always be a help, was a good little guest. He watched younger children and kept them from harm. He filled woodboxes and carried water. He got along with other children and just accepted what came his way, without asking for anything. His mother taught him that he must never ask. No matter what it was or how much he wanted it, he must never ask. They were poor, she told him. They were dependents. He thought of himself and his mother as "widows." God pity the widowed and the fatherless!

But the time always came when all the sewing was done. There would be a few days of visiting. Then it was suggested that his mother could help with the work, because there were so many mouths to feed, or go stay with a neighbor with a new baby. And she would "get her back up." She was willing to sew. She was not willing to cook or clean for her board and his. There was, in her mind, some great distinction.

She would begin to write letters. Or word would come from some relative that she was needed. She would pack the old carpetbag and bid farewell all around, and they would start out, all too often on foot. They would walk through the whole long summer day on the empty, dusty roads and come at evening to a new place, 7, 10, or even 12 miles away. Tommy loved those journeys, though he did grow bone tired.

So they left Uncle Andrew's one day in late spring and moved to Cousin Orinda's. Word had been sent to them that Cousin Orinda's daughter, Marlene, was going to be married.

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Tommy was happy and his mother was happy too. She was always gay when they were alone. She talked about his father, about the home they would share someday. She had heard they paid good round silver dollars for bonnets and jetted basques in places like St. Louis. As it was, no one ever thought of paying her.

Cousin Orinda had a big house. The house and the farm were on the edge of the railroad and the little town where Cousin Welch Wilson owned the grain elevator. They were not rich at all, compared to modern standards, but they were rich for then and there. They had mahogany furniture, green velvet upholstered, in the darkened parlor. There were big, square bedrooms upstairs, and he and his mother were taken to one at the back of the house. It was not so nice a room as the others they looked into. But it was clean, and there was a cot bed for him and a clothes press. His mother unpacked the carpetbag. Cousin Orinda was a very thin woman with black eyes. Tommy was afraid of her. Her husband, Welch Wilson, was a huge, fat, soft man with gray eyes and gray hair. Then there was five-year-old Damon, and Marlene, who was to be married.

When Tommy and his mother had washed away the dust of their day's walk and his mother had combed her hair and his, she dropped her hands on his shoulders and spoke to him softly: "You must be very good here, Tommy. Cousin Orinda is contrary."

She was trembling a little. He knew she was tired, and both of them were hungry. They went downstairs. He was footsore and the carpet felt wonderful. He could smell beef cooking, and his mouth watered. There was a hired girl named Sarah who was putting plates on the table. Cousin Orinda and Cousin Welch were in the parlor. There was company.

His mother paused at the parlor door, and Cousin Orinda said, "Come in, Amelia. Let Tommy go out in the yard with Marlene and Damon. I guess you don't know Marlene's beau, Laban Applegate, do you?"

Tommy lingered in the door long enough to look at the remarkable young man who rose to greet his mother. He was very tall. He was all golden, hair and beard, and he wore a fringed doeskin hunting jacket. He looked over his mother's shoulder and winked at Tommy. Tommy ran out-of-doors at once. Marlene and Damon were in the yard. Marlene had a pail of milk, and she was coaxing a brindle calf to drink from it.

"Hello, Tommy," she said. "Did you see Mr. Applegate?"

"Yes," Tommy said. "Yes, I saw him."

"Some of you kids get out there and help your mother with the groceries."

Damon hopped about, and Tommy said, "Let me help. I'll hold the pail so he can't budge it." He got down on his knees and held the pail.

Marlene let the calf back into the barnyard, and they stopped at the pump and washed the milk from their hands and rinsed out the pail. It was a wooden pail bound with brass.

"It's mine," Marlene told him, "and so is the calf. I'll take her with me when I go to my new home. Pump the bucket full again, Tommy. Let's water my geraniums. I want them all in bloom for my wedding."

Tommy pumped, and he and Marlene carried the full pail around to the east side of the house. There, in a bed, the geranium plants were set out. Each one was budded, but there were no blooms. They poured out a dipper of water on each plant. Marlene plucked off a big leaf and crumpled it and rubbed it in Tommy's hands.

"That will take the calf smell off of you," she said. His nose was filled with the pungent, spicy fragrance, and he put his hands up to his face and inhaled a great gulping breath.

"Don't you think Mr. Applegate is handsome?" Marlene demanded. "He's so pretty I can hardly eat for looking at him! He was a drummer boy in the War Between the States. Did you know he was in your father's regiment and knew your father? He's a surveyor now for the railroad company."

They went in by the kitchen door. Sarah turned and spoke to Marlene.

"Supper's most up," she said. "You'll have to hurry if you change. Your ma said Tommy'd eat at the second table with me."

"He'll do no such thing!" Marlene flared. "I won't eat at the first table myself if Tommy doesn't! Mr. Applegate and I will wait for him!"

Cousin Orinda came to the door and listened to Marlene. The young girl looked at her mother, her head thrown back. Cousin Orinda said to Sarah, "Put a plate for him, then," and to Tommy she said, "Mind your manners!"

Tommy did not answer. His mother had taught him how to act. He sat at his place beside her and didn't so much as open his mouth, save to put food into it. He scarcely heard the adult conversation. But he became aware that Mr. Applegate was watching him.

Mr. Applegate said, "It's true, then!"

Tommy wiped his mouth and looked at Mr. Applegate. "What?" he asked.

"That boys have hollow legs!" Mr. Applegate said.

Tommy looked at his mother. She was smiling, so he laughed, too.

The young man said, "He is like his father, Mrs. Paul. He's like the lieutenant. Save he'll never have the black beard his father had. He must be a great comfort to you."

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"Yes," Tommy's mother said, "but I need to get settled, so he can go to school every winter. I've taught him to read and do his sums, but it's not enough. His father wanted him to have schooling. I thought," she said, turning to Cousin Welch, "I might someday have a place of my own and buy a sewing machine and have people come to me to do their sewing and pay me cash for it. Do you think I could do that?"

"It hardly sounds respectable to me," Cousin Orinda said. "A woman living alone? And where would you get the money? Women have small judgment in money matters. No bank will lend to them."

"Men don't always have good judgment either," Amelia said. "I once had the money. There was quite a bit from my husband—$900, all told. The judge would not let me administer the estate. He appointed a man we hardly knew, and he put it all in railroad bonds. Not your railroad," she said quickly, looking at Mr. Applegate. "This was one that never got off of paper onto the tracks. I'd have bought a sewing machine and charts and things for trimming—passementerie and braid and buttons—and set up a dressmaking and millinery shop of my own. But now the money is gone!"

"You'd have done something as foolish as he did, no doubt," Cousin Orinda said.

Marlene began to talk in her soft, quick voice. She told Mr. Applegate Amelia would make her wedding dress. They had sent away for white satin, and it had come.

"It will be the prettiest dress this side of the Mississippi," she added with satisfaction. "My geraniums will bloom, and we'll put them in my little clay pots and place them all along the carpeting and make the parlor look like a flower garden."

Mr. Applegate looked happy to hear all this. But Cousin Orinda came back to Tommy's mother.

"Amelia should marry again," Cousin Orinda said acidly. "She needs a man to protect her. She cannot afford to expose herself to gossip, borrowing for a millinery business, trying to live alone!"

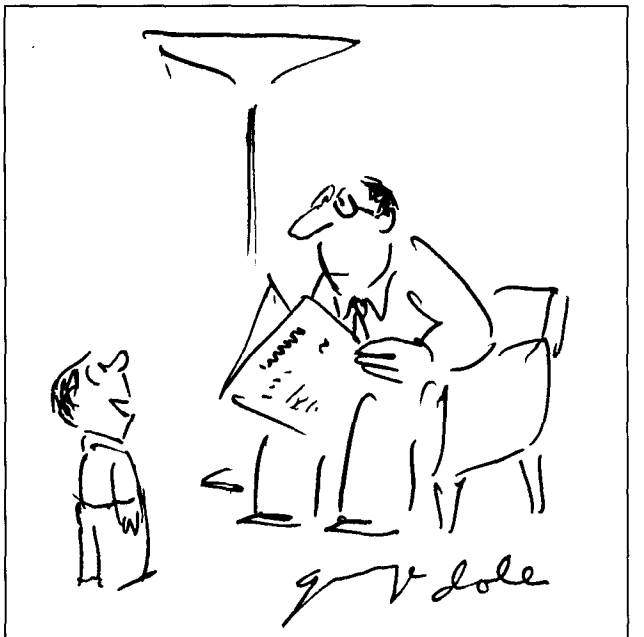
"Everyone should be married," Mr. Applegate said happily. "I'm for that!" He looked at Marlene.

"I've been married once," Tommy's mother said. "It was perfect. I never want to be married to anyone else."

Cousin Welch Wilson put another piece of meat on Tommy's plate. "Eat just a little more," he said, "then we'll have pie."

"I'll not look at the cloth tonight," his mother said when they rose. "Tommy and I are tired."

They went to their room. He did not want to wash the geranium off his hands, and his mother let him go to bed with his palms still fragrant.



"In Sunday school today, dad, I learned that you begat me."

There was fresh beefsteak for breakfast in the morning, and everyone was cheerful. Mr. Applegate left right after breakfast to go to his own place for a few days. Tommy and Damon did a round of chores, and his mother disappeared, sewing, in Marlene's room. It seemed to Tommy that each day began well, but that by night Cousin Orinda was full of anger. The kinder Marlene and her father were, the meaner Cousin Orinda acted. If Damon had the smallest mishap, Cousin Orinda blamed Tommy for it.

Together the boys hunted for eggs and kept the woodbox full. They pumped water from the well for the washing and for the big, round wooden tub that sat in the sun on the upstairs gallery all day for Marlene's bath. Tommy filled all the water pitchers in the bedrooms. He tried to do whatever he could. For he was happy until the evening meal. He did not know why Cousin Orinda seemed always angry. His mother did nothing to provoke her but was always sewing, sewing—in Marlene's room all day, in their room at night. She spread a clean sheet on the carpet so the satin wedding dress would be clean. Sometimes Marlene sat with her and they sewed together.

"Show me how to make a placket, Amelia. I won't always have you to sew for me," Marlene would say, and his mother would show her. Tommy would go to sleep with their soft voices in his ears.

Once or twice he thought he heard his mother crying in the night, but when he sat up, she would be still as the grave—a slender wave in the middle of the bed.

Every morning they visited a little while she cleaned their room before they went down to breakfast. Every morning Cousin Orinda began the day by talking about the sewing, about the dark red serge for next winter, or the cream challis with green sprig in it, or the linen underthings, or the wedding dress itself. And every evening, by the time they got to the table and Cousin Welch piled food on Tommy's plate and asked Tommy's mother if she was not weary from sewing constantly, or Marlene began to praise the work his mother was doing, then Cousin Orinda was angry and thin lipped and mean again.

Little as he was, Tommy began to see that the others did his mother no kindness to show her so much praise and courtesy.

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The spring days flew by. Mr. Applegate came back and then went away again and was gone for a whole week. When he came back the second time, he brought another young man with him, who was to be his best man. Marlene's school friend, Abby, came, and all the great preparations began. It was Thursday, and on Sunday was the wedding. The wedding dress was finished and covered with a sheet and

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hung in Marlene's room. And the red serge was finished, and the light challis, and all the other things. All day Friday his mother sewed at little things—buttons and hooks and eyes, trimming and hems, ribbons and furbelows—finishing, finishing.

Sarah turned out great loaves of bread, and she baked pies and cakes and set them on the pantry shelves. Tommy kept up a steady trot between the woodpile and the woodbox. Tommy helped Marlene transplant the geranium plants from the flower bed to the little clay pots. He helped set them just where she wanted them, where she and Mr. Applegate would stand before the wilderness preacher. The geraniums were beautiful. Tommy wished his mother could have one. There was one particular plant with three great blooms. He forgot he was not supposed to ask for things. He looked at Marlene.

But before he could speak, she said to him, "That one is yours! You shall have it for your very own. After I'm married, you can tell them all that it is yours." She kissed him and put his thick, overlong hair back from his forehead. She said, "Never forget me, Tommy Paul."

"Never!" he said, his heart bursting with happiness.

There were so many at the supper table, and there was such good food. Cousin Welch did not neglect him, though he talked to Abby and the young men too.

But he said to Amelia, "So you are almost done. . .and a brave job, I understand."

"I can finish tonight, after supper, and tomorrow I have only to press things and help Marlene get packed."

"My things are beautiful," Marlene said. "When all the company comes on Sunday, I'll tell them all that you made everything for me, Amelia! I never knew anyone that could sew as beautifully as you can!"

"Do you still think about starting your own place, Mrs. Paul?" Mr. Applegate asked her.

Tommy looked up and saw the red stain his mother's cheek.

"I'd have to go to St. Louis or to Springfield. It's so far. It would cost too much money, and I have none."

"But—don't you get paid for your sewing?" he asked, astonished. There was a little silence, and Tommy's mother said firmly, "Yes, I am paid. I am well-paid."

Tommy and Marlene both looked at her, surprised. Tommy was pleased his mother was being paid. It made him feel softer to Cousin Orinda.

Then Cousin Orinda cut across Marlene's chatter. Her voice was thin and cold. "Impractical dreams!" she said. "A dressmaking shop! Amelia had best be grateful for the kindness of her kin and the shelter they give her and her boy. Gratitude is more becoming to a woman than outlandish ambitions. It degrades a woman to talk of money all the time. For many generations it has been the custom that dependent females should earn their keep with sewing and baby-tending and other work."

"I ignored your bill because you said the new water heater would pay for itself in a year or two."

No one spoke. Tommy's stomach hurt.

Cousin Orinda could not stop. "I want to hear no more talk of Amelia borrowing money to set up a place of her own. It is not respectable and would cause gossip about her and those who loaned to her."

No one answered. Tommy found he was trembling.

Later, in their own room, his mother sat, white-faced and still but sewing. She scarcely looked at him or spoke to him. He stood before her, unable to get at her for Marlene's white petticoat she had spread across her knees.

But he said, "Mother, let's not stay here. Let's go away. I don't like Cousin Orinda, and, mother, she doesn't like us."

"I'll finish my work, Tommy. Whatever anyone says, if it is not true, it will never hurt me. But if I leave something that can be said that's true, then the fault is mine. Besides, Welch and Marlene have been kind. We must stay until the wedding is over."

"Mother, did she pay you? Did she pay you silver dollars?"

"You've gained in weight and height. You've never grown so fast. Now, go to bed!"

He undressed reluctantly. He felt her slights and hurts in his own flesh. He knew now she had not been paid. Marlene and Mr. Applegate and Abby and the other young man were walking in the yard. He looked out the window at them. Damon was down there on the lawn, and he longed to be out. The room was hot and moths trembled about the candle. He stayed at the window until he could scarcely see the gleam of Marlene's light dress. He felt his mother dreaded to start moving again. But when Marlene and Mr. Applegate were married and went away to their new house, Tommy would not want to stay here any longer.

He went to bed at last. His hands still smelled of geranium. He lay on his side with his hands clasped on the pillow. He went to sleep and dreamed. He dreamed he was walking along a road with his mother, and he was carrying the little pot with the geranium in it, when suddenly the plant began to grow. It grew so fast he had to put it down on the ground. It grew right up into a little tree, and then it spread out flat and made a

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roof and then grew down in a curtain all around and made a house! And there he and his mother were, sitting beside the little pot in rocking chairs, with green leaves for walls and roof and flowers growing here and there all through it. They had a house of their own. The whole place smelled beautiful. His mother was laughing, and she said, "Now I can get a sewing machine, and we will live here forever."

Tommy sat up in bed. Someone was knocking at their door. The light was scarcely gray at the windows. It was very early morning. He got out of bed in his nightshirt, and his mother rose and opened the door. Cousin Orinda stood there with a candle in her hand.

She came into the room and put the candlestick down on the dresser. The light shone up on her black eyes and made them look red.

"I thought you would want to get an early start," she said to Tommy's mother.

"An early start?"

"Yes," said Cousin Orinda, smiling. "If you are going to walk clear to Uncle Andrew's today, you need to start at once."

Mother opened her mouth and then closed it again. She just looked at Cousin Orinda.

The other kept on smiling and talking. "Your work is finished. There's no reason for you to linger. I can press the things myself, or Sarah can." The smile slipped from Cousin Orinda's face.

Tommy crowded against his mother. "Seeking admiration from one and all! With your independence and your spirit! Wanting to borrow money—my husband has no money to lend to you! Neither will Marlene's husband!"

Tommy's mother caught her breath but did not speak.

"Sarah is preparing breakfast for you and will give you a lunch to carry, and the sooner you go, the better!"

"We need no food, no lunch from you," Amelia said. "We will go quickly. We cannot go quickly enough. Now, please leave us!"

Cousin Orinda went out and closed the door. Tommy's mother got the carpetbag out. Tommy began to dress. He was cold. He was trembling. The light was paling at the windows, and his mother moved about swiftly. She did not speak to him or look at him.

Tommy said, "I have something to do. Something that is mine——"

"Go ahead," she said. "Wait for me at the gate."

Tommy slipped down the stairs in the silent house. He went into the parlor. He could smell meat frying, and his stomach curled. But he had heard what his mother said. In the parlor was the geranium Marlene had given to him. It was the one he had dreamed about, the one that would grow into a house for them. He picked it up in both hands and ran out of the house and waited outside the front gate in the dusty, rutted road. The birds were singing like mad in the trees. The sun was just coming up over the rim of the world. He was sorry he could not say good-by to Marlene and Damon, to Mr. Applegate and Cousin Welch.

His mother was coming. She wore her brown merino dress and her brown sailor hat, and she was carrying the carpetbag. Her back was very straight. She scarcely looked at him, and they started out to walk. But they were not walking back to Uncle Andrew's. They were walking straight toward the rising sun.

"Where are we going?" he asked.

"We are going to St. Louis. We are going to walk all the way."

He was a little frightened at the look of her. He felt they could not walk all the way to St. Louis, which was a far and legendary place. But he tried to keep up with her. The day was growing warm. The sun rose clear of the edge of the world and stared down into their faces. He was thirsty and hungry. They walked on and on. At last he could bear no more.

At last he said to her, "Mother, I am hungry. I am thirsty, mother."

She stopped. She turned around and looked at him. She looked a little wild. She said, "What have you got there? What is it?"

"It's my plant. Marlene gave it to me. It's my geranium."

"You must take it back. Cousin Orinda will say you stole it."

"Mother, it is mine. It was Marlene's, and she gave it to me. It's for you. I'm carrying it for you. I want to

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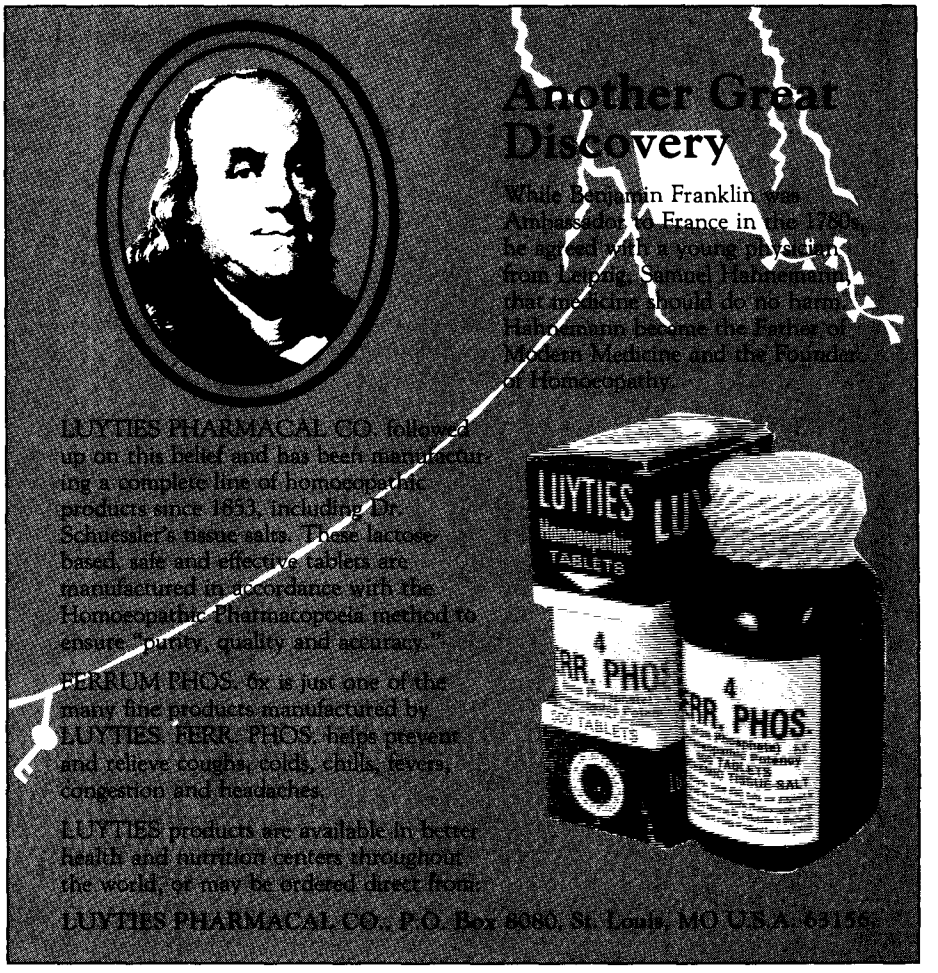
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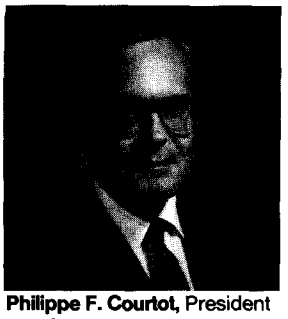
"Statistics show that one out of eleven women will develop breast cancer in her lifetime. And that this year, nearly forty thousand women will die from it.



Philippe F. Courtot, President
and Chief Executive Officer

As a concerned company and member of the healthcare community, we used this campaign to communicate the tremendous hope that mammography promises and we will continue to stress its importance."

Philippe F. Courtot

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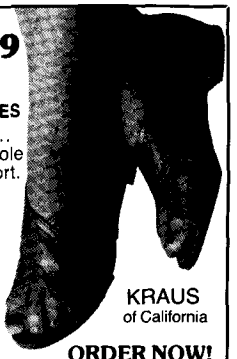

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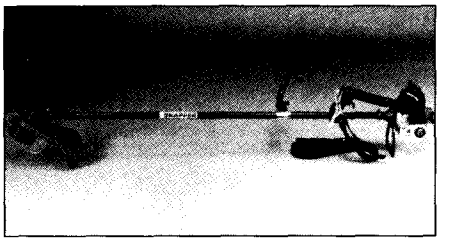

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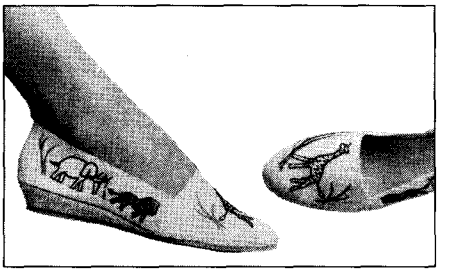

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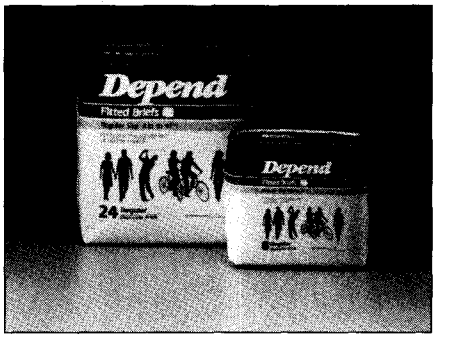

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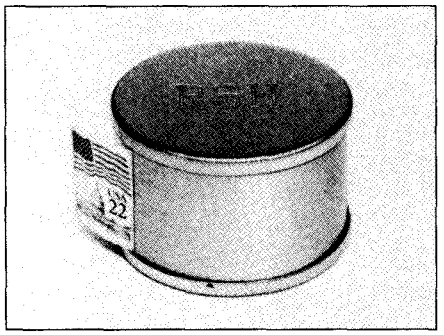

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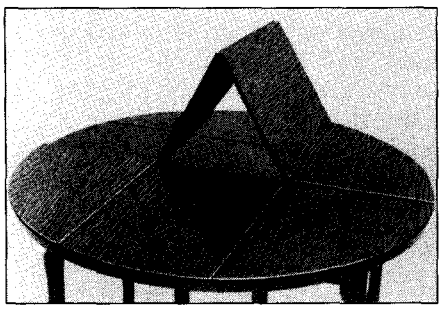

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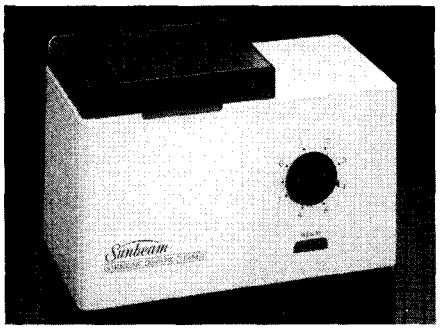

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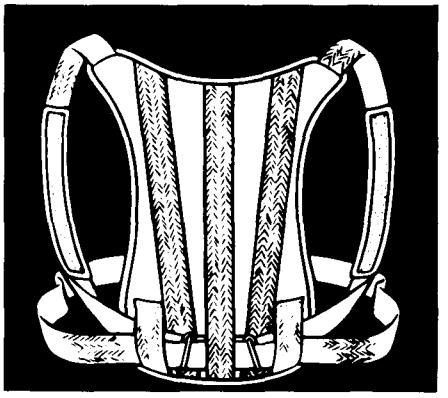
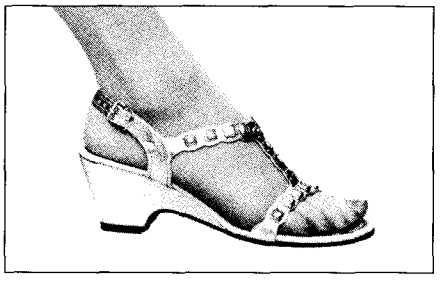


weight, cool. Can't be detected under light clothing. Men, give chest, women, give bust measurements. $10.95 plus $1.75 postage; VISA and M.C. O.K. Piper Brace Company, Dept 000000, 811 Wyandotte, P.O. Box 807, Kansas City, MO 64141.

Glamorous sandals by Beacon



Cushioned insole; 2″ scoop wedge; adjustable buckle closure. White, camel, gold. Full, half sizes: 6-10, 11N; 5-10, 11M; 6-9, 10,11W. $19.99; two/$37.98. $2.25 p&h (one), $3.50 (two), $4.25 (three). Money-back guarantee. VISA, M.C., D.C., Am. Ex. Old Pueblo Traders, Dept. DLP1G, 3740 E. 34th St., Tucson, AZ 85713-5305.

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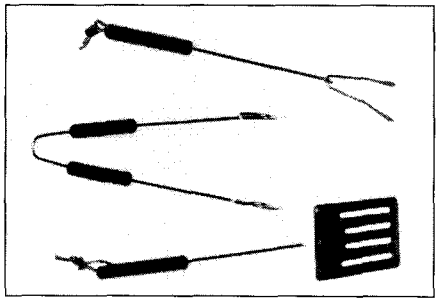

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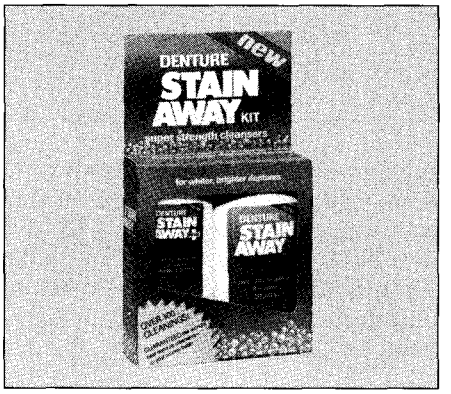

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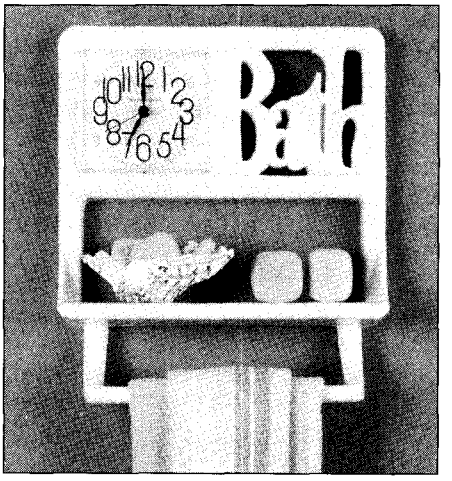

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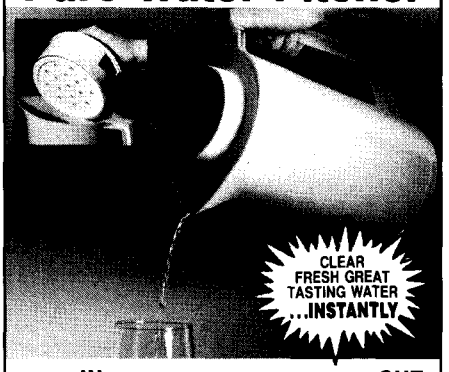

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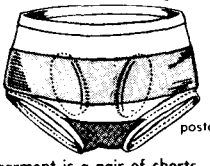

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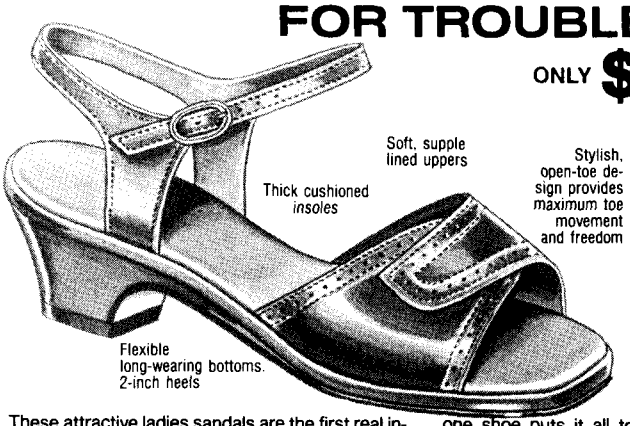
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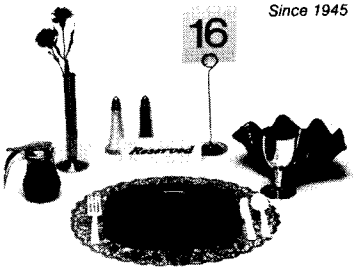

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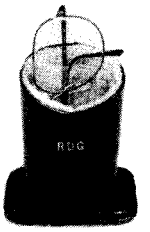

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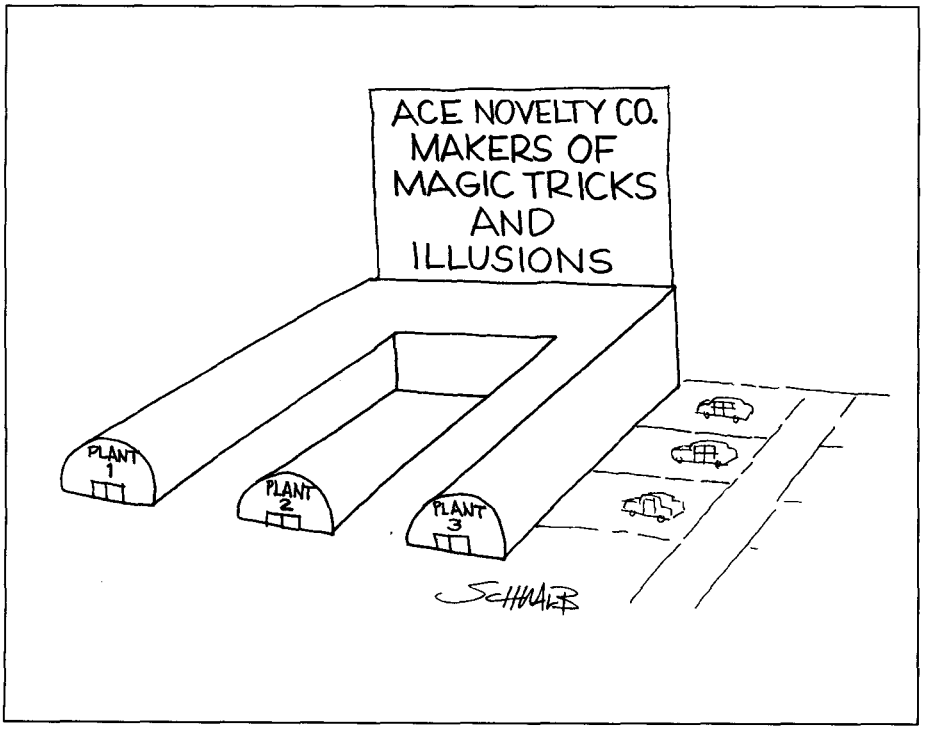

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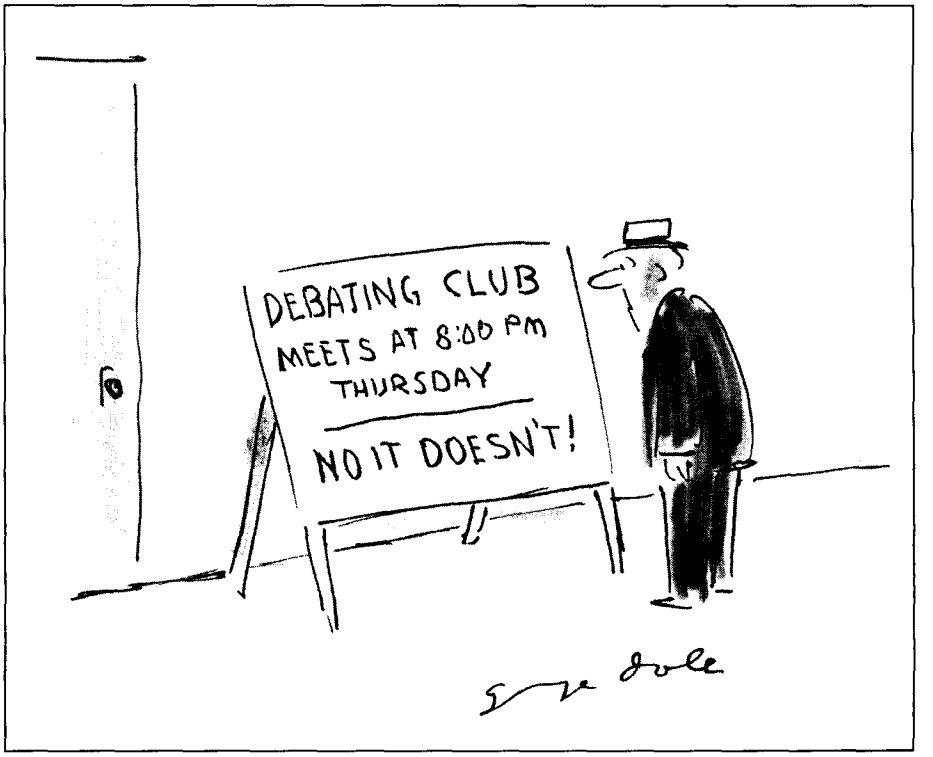

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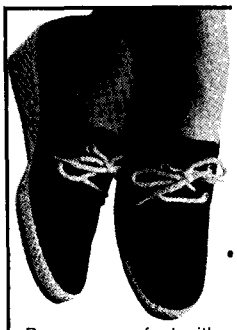

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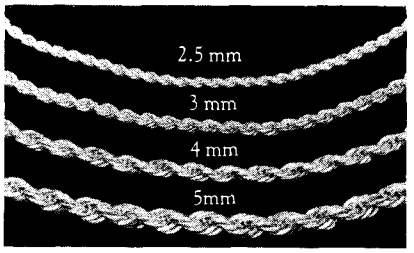

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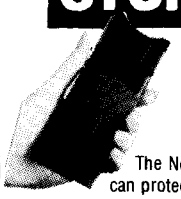

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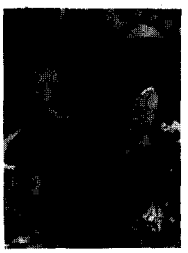

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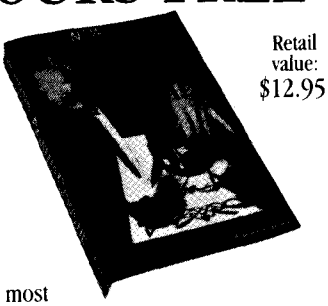

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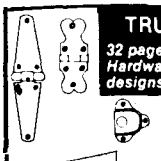

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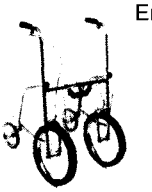

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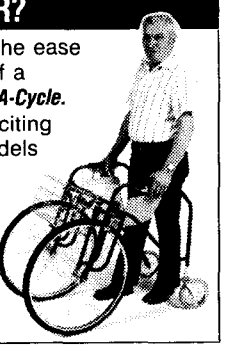

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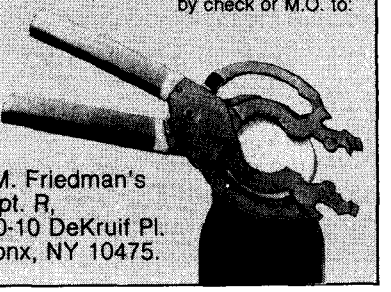

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Summer Ills

continued from page 23

the bugs still thrive here (some of our roaches carry lunch pails), but the fleas are gone! Naturally the borax must be reapplied from time to time.

S.E. Deeley
Hollywood, Florida

Dear Dr. Whiteley:

In your July/Aug. '86 edition you had a question on fleas.

Since I was a resident of Florida for 30 years, with cats, dogs, and four monkeys, I would like to give your readers a tip from the Florida vets.

There is an Avon product called Skin-So-Soft. (I am not a representative of Avon.) Anyway, mix ½ Skin-So-Soft and ½ water and either spray or dip your animal. Pat dry, leaving as much on the animal as possible. Also, fumigate or spray your house and yard. This will do the trick if done properly. No smelly dips, no pills, no shaving.

I had trouble when I first moved to here but spraying and dipping took care of that, and my three dogs have been free of fleas.

Thelma Moser
No. Wilkesboro, North Carolina

Dear Dr. Whiteley:

I would like to get your advice. I have a ten-year-old male Brittany who has impacted anal glands. He was operated on once, but it did no good. I don't want him to go around again with something that has no sure success. I read Dr. [Richard] Pitcairn's book on pets. He recommends calendula ointment or infusion of red clover blossoms and also tissue salts. I cannot find the calendula ointment or the red clover blossoms. Where can this be found? A health store had the tissue salt, but where I ask for the ointment and the blossoms they just look at me like I am a big clod and tell me they never heard of it.

Andrew Villov
Melvinda, Michigan

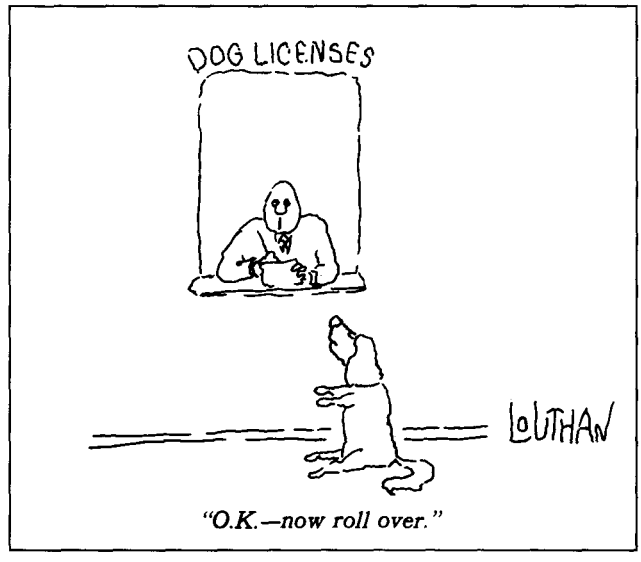
Dear Andrew,

I checked with my health-food store; they had tincture of calendula for topical use and red clover blossoms in tea, capsules, and tincture. In the appendix of *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats* is a list of suppliers of herbs, homeopathic remedies and tissue salts, recommended readings, and names and addresses of veterinarians who specialize in natural healing. I wish you success on the treatment of your dog's problems.

H.E.W.

Dear Dr. Whiteley:

New Woman, April 1983, had an article called "The Stay-Free-from-Fleas Diet for Your Dog" by Wendel O. Belfield, D.V.M., and Martin Zucker from their book *How to Have a Healthier Dog*, 1980, published by Doubleday and Company. This article mentioned adding 25 milligrams of powdered brewer's yeast per ten pounds of body weight to daily rations to rid dogs of fleas. It takes about 30 days. Also, increase the vitamin A.



"O.K.—now roll over."

Rene Smith
Newport Beach, California

Dear Dr. Whiteley:

To keep the neighborhood cat from digging in your garden, use orange peels—I have been doing this for years and have had great results.

I freeze the peels all winter, so in spring, I can scatter them where they are needed. I also put the peels under our front-porch hedge.

Mrs. John C. Smith
Lenox, Massachusetts

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Dentist

continued from page 29

in dental offices include steam pressure (autoclaving), dry heat, and chemical vapor sterilization. Other techniques effective if used properly include boiling water and a cold bath in approved chemical solutions. The latter process may require as long as ten hours to be effective. Sterilized instruments should be tightly wrapped in sterile packs until needed. You probably won't see your dentist's staff sterilize instruments or disinfect working surfaces, but you have every right to ask what procedures are being followed.

Patients, too, have responsibilities in the health-care setting. Unfortunately, you may be carrying certain diseases and not know it. The AIDS virus, for example, has an incubation of 18 months to five or more years. Many people carry, and can transmit, the hepatitis-B virus for an entire lifetime without ever contracting the disease themselves.

If you have ever had contact with persons known to have had these diseases, you should contact a physician or public health clinic for appropriate screening tests. If you know you are carrying an infectious disease, tell your dentist. Chances are he or she can take appropriate measures to treat you in the dental office. If not, arrangements can be made to provide dental treatment through a hospital or a dental-school clinic fully equipped to provide proper infectious-disease-control measures.

Dentists today are better trained than ever before; they have new procedures, improved dental materials, and better equipment than have previously been available. Unfortunately, we live in an era in which infectious diseases represent a very real and present danger to us all. Dentists have a moral and professional obligation to employ every safeguard to protect themselves and their patients. And patients have a responsibility to monitor their own health and to provide critical information to their dentists. Vigilance on the part of consumers and providers alike is our best assurance for healthy dental care.

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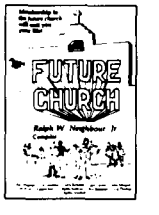

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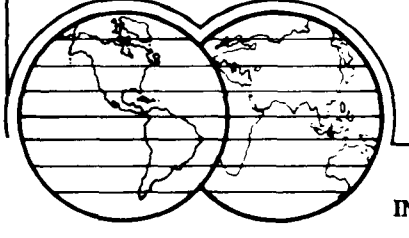

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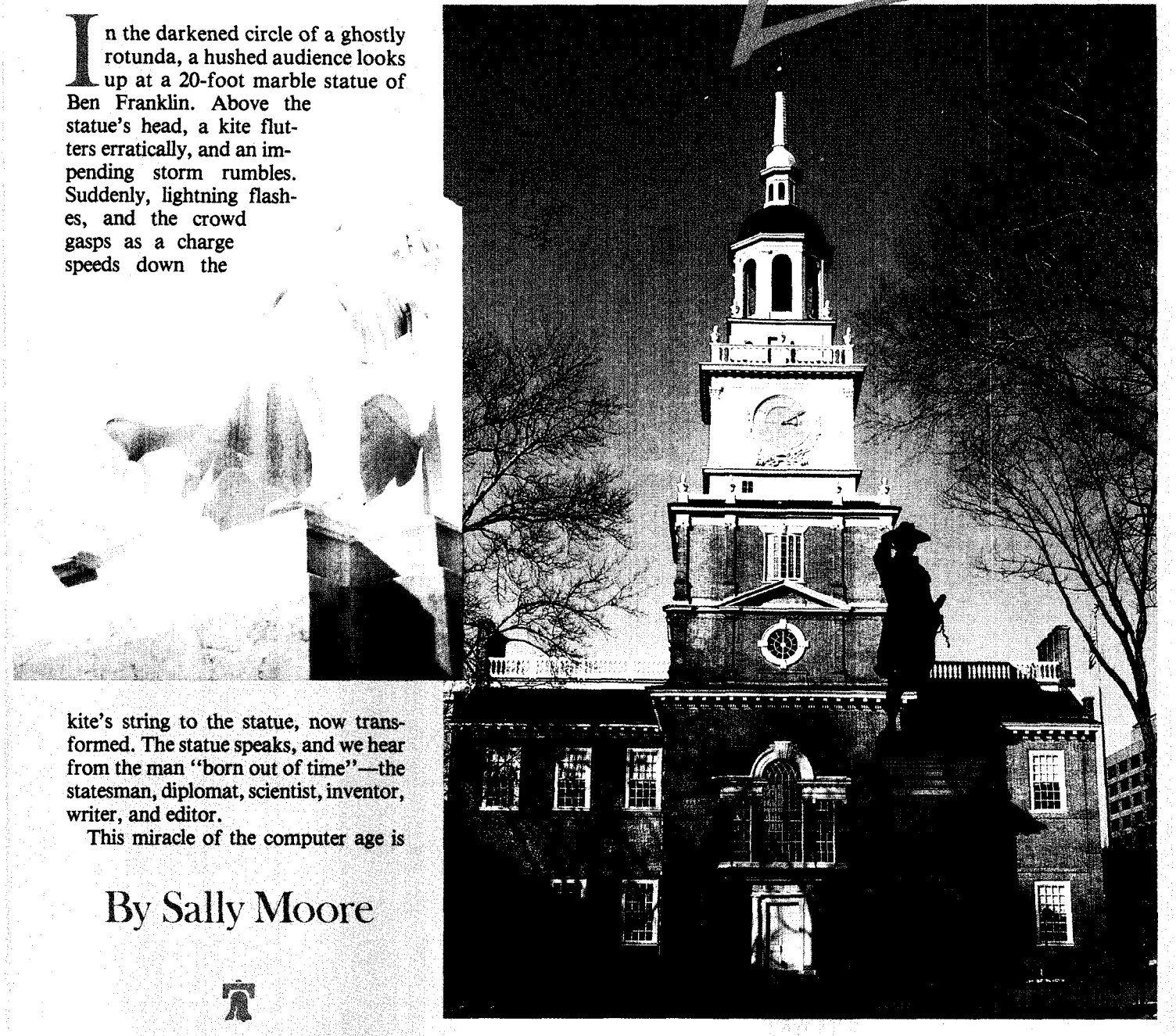
BEN FRANKLIN'S Philadelphia

In the darkened circle of a ghostly rotunda, a hushed audience looks up at a 20-foot marble statue of Ben Franklin. Above the statue's head, a kite flutters erratically, and an impending storm rumbles. Suddenly, lightning flashes, and the crowd gasps as a charge speeds down the kite's string to the statue, now transformed. The statue speaks, and we hear from the man "born out of time"—the statesman, diplomat, scientist, inventor, writer, and editor.

This miracle of the computer age is

By Sally Moore



The right man (upper left) and the right place (above) came together at the right time 200 years ago, when the Constitutional Convention met in Philadelphia.

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(Top) A "ghost" of Franklin's long-demolished home unites Ben Franklin's Philly with the modern skyline. (Bottom) Poor Richard is still on the job, handing out sage advice.

the new sound-and-light show at the Franklin Institute in Philadelphia. Bringing Franklin to life is the first step in re-creating his world—a world considerably more in the public eye during this year's bicentennial of the U.S. Constitution. It is the ideal time to visit the city where the printer's apprentice came as a runaway in 1723 and died a world-renowned figure in 1790.

"Look Before, or You'll Find Yourself Behind"

Today's Philadelphia bears little resemblance to the 18th-century town, but the Old City area, remarkably compact, invites leisurely strolls among the surviving historic structures. Before embarking on a tour of Independence National Historical Park (INHP) and all the exhibits mounted during "We the People 200," one should heed the Franklin Institute's "Poor Richard," who enjoins visitors to "look before, or you'll find yourself behind." Your first stop should be the INHP Visitor Center in central Philadelphia to pick up maps and brochures and to visit a computer exhibit where you can test your knowledge of the Constitution and its history.

"Make Haste Slowly"

—so allot plenty of time to see the Franklin sites and the park's other attractions. For help in getting about, there are several guide services, or for a self-guided excursion, you can rent a lightweight tape deck, tour cassette, and map from AudioWalk & Tour, located in the Norman Rockwell Museum in the newly renovated Curtis Center at 6th and Walnut streets. While you're there, look for the museum's collection of Rockwell covers created for the *Post* between 1916 and 1963. Such old favorites as "The Gossips" and "The Swimming Hole" take long-time *Post* readers back to other places, other days. (Forgive the clutter—the museum will soon be moving to new quarters in the building, which housed the Curtis Publishing Company for so long.)

"An Old Man in a House Is a Good Sign"

In nearby Independence Park, you'll find Franklin's later years remembered at Franklin Court, the site of the handsome brick home where

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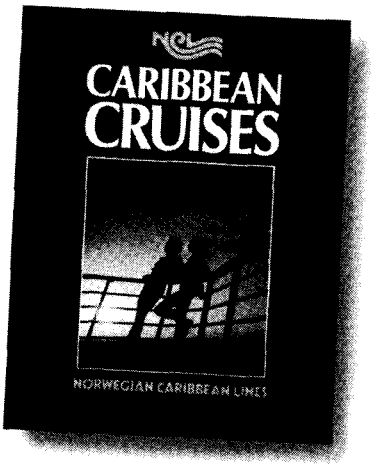

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Ben lived while serving in the Continental Congress and the Constitutional Convention. Today only a "ghost structure" of steel beams outlines where the house and Franklin's grandson Benjamin Bache's print shop stood, because so little was known about the original, long-demolished structure. Beneath the house site, an underground museum portrays the life of the multifaceted Franklin with a film, miniature tableaux of famous episodes in his life, some of his scientific instruments, and several pieces of furniture from the house.

At one side of the Franklin Court gardens, Franklin's Market Street houses have been restored on the exterior and adapted inside to house a commemorative operating post office, postal museum, and archaeological exhibit. In an adjoining restored building, rangers in period costume give daily demonstrations of 18th-century printing, the trade followed by both Franklin and his grandson. Near these homes in 1729, Franklin began publishing the *Pennsylvania Gazette*, the predecessor of *The Saturday Evening Post*.

At Independence Hall, the ranger conducting the tour can show you where the Pennsylvania delegates to the Constitutional Convention sat and the chair where Franklin is thought to have spent so many hours.

Franklin is also prominent in the "Miracle at Philadelphia" exhibit at the Second National Bank downtown. Here you can pick up a "delegate's badge" and journey through history. You'll meet the men who forged the Constitution, hear the sounds of the debates, and sign a copy of the document next to one that was Franklin's personal copy.

"A Traveller Should Have. . .a Deer's Legs and an Ass's Back"

Through the summer and fall, many special bicentennial events are scheduled throughout the city, and a number of museums have mounted special exhibits. The culmination of the celebration will be September 17, when the Grand Federal Procession will be staged, involving what is touted as being "the largest parade ever mounted in the U.S.A."

"Hunger Is the Best Pickle"

After your search for Franklin, you'll be happy to learn that near the Old City you can assuage your appetite in any of a variety of restaurants with cuisine ranging from superb to simple. The Old Original Bookbinder's Restaurant serves up such Philadelphia seafood specialties as snapper soup and fried oysters with chicken salad. At City Tavern, frequented by Franklin and other convention delegates, you can dine in 18th-century style, cosseted by costumed lackeys.

Philadelphia has many fine hotels, although rooms in and near the historic district are limited and bound to be heavily booked this year. New, slick, and very convenient, the Sheraton Society Hill is poised on the edge of Penn's Landing, Society Hill, and the park. The Holiday Inn-Independence Mall is at 4th and Arch, and the Society Hill Hotel on Chestnut is a small "European-style" bed and breakfast.

The genius of Franklin manifested itself in many ways, but neither he nor any scientist since his time has invented a time-travel machine. Like Franklin, we must use our imagination—drawing on history to re-create the past.

Manna From Amana

Visitors often ask Henry Schiff at the Museum of Amana History where the beards, the horse-drawn carriages, and the broadcloth are. The 84-year-old historian responds with a laugh: "You're thinking of Amish. We're Amana."

Indeed, seven villages nestled in a rich Iowa river valley are the only places you'll find the Amana Society. What brings thousands of visitors here daily is not a glimpse of a strange culture, nor is it to find that the largest National Historic Landmark is really some theme park or shopping mall with 400 century-plus buildings. No, Amana means sharing: its food, wine, crafts, and woolens. It is sharing history and tradition. Once you stop at the Museum to have Henry put the society's 140 years into perspective, there is no way you will equate your time here with a simple shopping spree.

The society settled in remote

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Iowa to realize its members' dream of a utopian religious communal system. Later, isolation turned to accommodation when salesmen and farm families discovered the delicious food in Amana's communal kitchens. The village smokehouses found a demand for summer sausage, smoked chops, and hams. Wine made from sweet grapes and anything at hand was sold at the back doors of many an Amana home. In their little homes, Amanans earned extra cash by producing furniture, clothes, or any sundries imaginable. Yards crammed with fruit trees and gardens yielded food not only for the group, but also for visitors eager for old-world preserves and jellies.

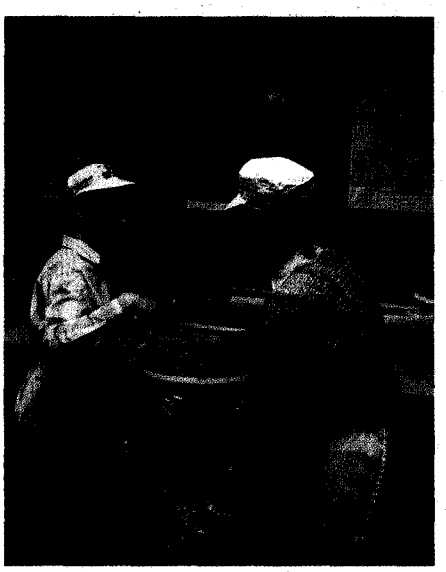
Would working at woodworking prove an onerous task? Amana Furniture's Harry Heldt seems unfazed by his labors.

Fifty years ago Amanans created a corporation to oversee some of the businesses; other members continued their businesses privately. Tradition adapted to visitors. Where communal kitchens once existed, modern Amana has crack family-style restaurants that serve both German specialties and the traditional menu in huge quantity. The meat markets churn out their fantastic smoked chops, summer sausage, and Amana brats—twice the normal size. Wine is made in 14 cellars from old recipes and historic varieties: dandelion, wild elderberry, rhubarb, and more. Some of the original businesses, such as the state's largest corporate farm, the woolen mills, and Amana Furniture, still operate; general stores provide space for artists and craftsmen.

Amana is a mixture. Glorious old homes may have late-model cars sitting in the driveway. Like many Iowans, some Amana folks escape to the Sunbelt in the winter; they eagerly await their championship golf course, to be opened in 1988. Inside those old homes you'll find quilting parties, Bible readings, or women baking honey cookies with a liberal dose of whiskey thrown in for a typically Germanic twist of irreverence.

Amana's are country people, and that means attention to seasonal traditions. Each spring, children fanning out over the eastern Iowa meadows pluck dandelion blossoms and lug their sacks back to be weighed, their dollars counted out by cellar masters. Later, it is the crushing of rhubarb and then the search for wild elderberries, or it's haymaking and spring calves.

And it's people. Walk around in these tiny villages and meet the people who make things: Les Ackerman, whose wines have won awards, or Henry Heldt, who works with wood at Amana



Amana's meat markets aren't the usual tourist night clubs. Bratwurst is the only thing you can take home with you.

continued on page 90

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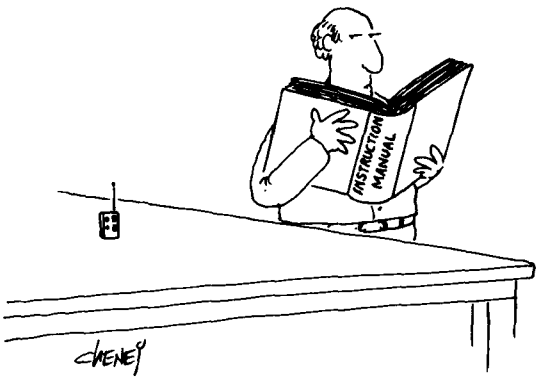

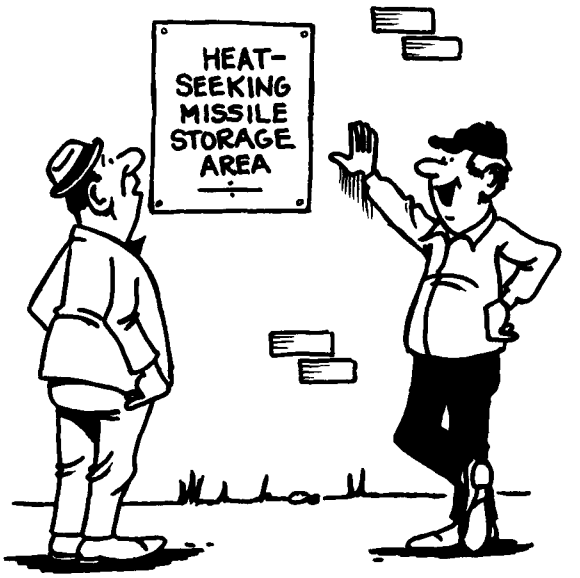

"We feel they do a much better job than 'No Smoking' signs."

"This should deter more burglaries here."

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...I have lost 20 pounds in about 3 months effortlessly, I did not diet or increase my exercise. I'd like to say it was hard work, but it wasn't. No more low blood sugar, no more headaches . I really like the products...*Kathy - Irving, Texas*

...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

...The first thing I noticed when I started the Geri Hi, Dolomite and LPP is more energy. My nails are stronger and I have lost inches off my hips, waist, arms and thighs. Plus I am not retaining as much water during my cycle...*Tina - Elgin, Illinois*

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JULY/AUGUST 1987

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Furniture. The spirit of Amana is summed up in Emilie Jeck, who rises each morning to manage the High Amana General Store just as her father did before her, amassing between them nearly a century of service. Pillsbury came here to take photos for promotional materials, presumably because of the photogenic character of the marvelous old place, but also perhaps to trap a little of that Amana pride—a quality not lost on Emilie's younger brother, George Foerstner, who founded Amana Refrigeration.

Long after the wine has been sipped, the food consumed, the purchases absorbed into your household, the memory of the people will linger. No, these are not Amish. They're Amana.

—William Mueller

Mystic: A Whale of a Time

"They that go down to the sea in ships, that do business in the mighty waters, they seeth wonderful works of the Lord." So wrote Mary Russell, a captain's wife, echoing the words of a Biblical writer, as she watched her husband battle an enormous whale near his ship in 1822.

For more than a century the whaling industry survived wars, storms, mutiny, and all the sea's perils. By the late 1800s, the wooden ships were scrapped, sunk, or rotted away—but the last and greatest, the *Charles W. Morgan,* is safe in port in Connecticut. Refurbished at full trim as a National Historic Landmark, she is the showpiece of a re-created whaling village near New London. Its 17 acres, closed to traffic, arc around the harbor and an aged but impressive fleet of vintage craft.

Mystic is as much "tell" as "show"—seamen, artisans, and tradespeople in old-time garb re-create it all. Visitors hear an echo of the chanteymen's squeezebox tunes and their descant of timber creaks and slap of rigging on spar, the ring of an anvil, ships' bells tolling the hour, and the territorial mew of a gull on a yardarm. Crisp orders ring out to youth training for work on the schooner *Brilliant*. A whiff of Yankee sourdough wafts down cobbled streets.

What to see, do, hear, or smell first at Mystic is a difficult choice. The *Morgan* in repose bids a "come aboard," but the Stillman Building presents the whole picture: a scale model of old Mystic. "New England and the Sea" shows the people's shore lives, fisheries, shipbuilding (with exact ship models), paintings, diaries, letters, fishing tools, exotic Oriental wares, and ship logs with tiny sketches of whales caught and whales that got away, delicately framed with painted-in ocean blue.

One floor up is scrimshaw, another crowd attractor. Voyages were long and boring for seamen waiting for "She blows!" They whiled away the time whittling whalebone or walrus tusks into wondrous things for loved ones, incising them with a jackknife, a sailmaker's needle, or a nail in a peg. The seamen often embellished their carvings with lampblack from the try works or the shade of an oil lamp or inlays of whalebone, ebony, or silver.

The Wendell Building's figureheads are housed in a plain room with dark walls and special lighting. Women's figures, buxom and of proud bearing, stand amid flowers that circled the hawsehole of the ship. Men are in hand-on-sword pose or turbaned as Moors or Turks. New figureheads are produced in the Wendell Building's carver's shop. The work is like that of old, with patterns, chisel, mallet, and gluepot.

Half a day is gone. What to see next? Period shops and homes? The shipsmith? The 300 small craft? Mystic Press? The chapel? But three tall ships wait to be boarded. The *Morgan*, the real magnet, strains at her moorings. But she never goes out to sea, for she is too valuable to risk. She survived a sinking by Union forces in Charleston Harbor to keep the Confederates out, severe weather, high-seas mutiny, and Arctic whaling. She once had "gunports" painted on to fool pirates. The *Morgan* is still a beauty, with a 42-foot topgallant and 28-foot whaleboats.

"How could they sleep here?" you marvel in the forecastle, jammed with seachests and crude double-decker beds. With all that was carried, it was usually the seaman who had to give up his comfort to make room. Ashore in Mystic is the cabin of the *Benjamin F. Packard*, a 244-foot square-rigger and the captain's quarters of gold-leaf panels, marble and brass fixtures, and plush upholstery. Nearby, the training ship *Joseph Conrad*, one of the smallest full-rigged ships of today, also awaits the perusal of visitors.

From a balcony, you can watch one of Mystic's great ships in repair at Preservation Shipyard and see the 375-ton-capacity lift dock, 85-foot spar lathe, and other prodigious tools. You can also board the *L.A. Dunton*, one of the last great schooners, with a 112-foot topmast, eight sails, and crew of 22. "Steamboatin' " on the *Sabino*, a two-decker, coal-fired steamer, includes a Dixie jazz band, chanteyman, or barbershop quartet.

In the better part of a day, you can cover about two-thirds of Mystic Seaport and welcome another day at it. Among the enticing sights that await the second day are the bank, drugstore, ship chandlery, a nautical general store, the Ropewalk, where cordage is made, and more: a planetarium, Stone's Store with dry goods and hardware, and Schaefer's Spouter Tavern, named for that in *Moby Dick* and restored as a historic site.

Moby Dick might even become your reading matter on the trip home once you have steeped yourself in Mystic's nostalgia.

—Mari Andersson

Vintage craft anchored at the mouth of the Mystic River bring the fleeting days of whaling to life.

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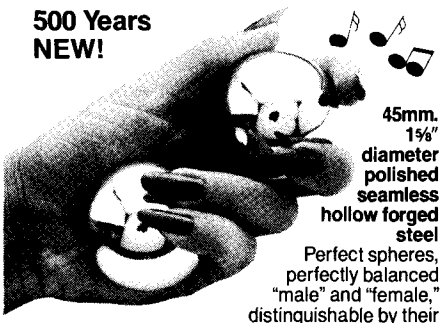
NOW...FROM THE NATION THAT ASTONISHED THE MEDICAL WORLD WITH ACUPUNCTURE, COMES AMAZING

CHINESE HEALTH BALLS

WITH SOOTHING MYSTIC INTERIOR MUSICAL CHIMES!

500 Years NEW!



45mm. 1⅝" diameter polished seamless hollow forged steel

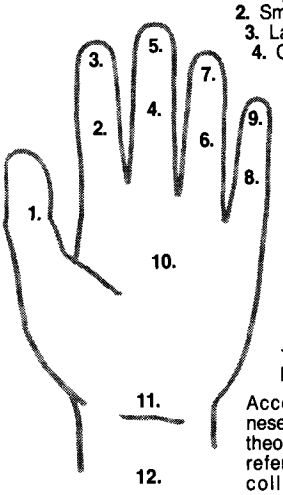
Perfect spheres, perfectly balanced "male" and "female," distinguishable by their differing melodious tones—high for female, low for male—produced by ingenious interior structure. Mirror finish Chromed for even greater smoothness and hardness.

USED TO HELP REDUCE HYPERTENSION AND AS EXERCISE THERAPY FOR PERSONS SUFFERING FROM ARTHRITIS OF THE ARM, WRIST OR FINGERS. Chinese musicians, from the youngest students to some of the most prominent virtuosos have long used health balls to exercise their fingers for added agility, greater strength and more flexibility. Many of China's foremost athletes depend on health balls to increase endurance and vitality as well as to treat disability of the arms, elbows, wrists, hands and other parts of the body where there is pain. Calligraphers use them to improve their craft. To have lasted as a therapeutic device since the Ming Dynasty (14th century) attests to the degree of confidence the people of China have placed in health balls. It is only in our modern space age that the technology has been developed to bring the cost down within the range of affordability by the general public. Yet, production of each ball is as meticulous and painstaking as when the original secret techniques for making them was handed down from generation to generation through the centuries.

THE MIRACLE OF ACUPUNCTURE THAT ASTONISHED THE SKEPTICAL WESTERN MEDICAL PROFESSION IS NOW WIDELY KNOWN... BUT WHAT DO *YOU* KNOW ABOUT ACUPRESSURE? *Acupressure,* like acupuncture, relies on the application of treatment to certain critical points of the body. The illustration (above, right) depicts points on the hand which are said to be directly connected to various areas of the body. Affecting these parts requires the stimulation of specific, related vital points. Some Chinese medical practitioners believe strongly in the value of health balls in the treatment of arthritis, high blood pressure, numbness of the extremities, hand tremors and diseases of the nervous system. Exercising with the health balls is quite simple and requires only a minimum of practice. Many take to them naturally and use them perfectly the first try. You simply rotate them in the palm of the hand by moving one finger at a time. You'll know the action is right when the musical sounds are at their most harmonious. Health balls are extremely convenient body builders as they can be kept in a pocket or purse and carried with you wherever you go and used at work, while walking, watching TV or even running. All over China you see them in use by persons of all ages in all walks of life, especially among the elderly as a means of keeping their bodies younger, healthier and pain-free.

Presented by the Chinese Government to President and Mrs. Reagan in 1984. On April 27, 1984, at the banquet held in the People's Great Hall in Beijing to welcome President Ronald Reagan and his wife Nancy, Premier Zhao Ziang presented them with a pair of health balls which they tried out on the spot, with great interest. The Chinese are justifiably proud of their many advancements, especially in therapy and prize their achievements in the field of medicine. They are very serious about health balls.

TRADITION SAYS... THESE PRESSURE POINTS LINK THE FINGERS WITH YOUR MIND, ORGANS AND BODY...



1. Lung
2. Small Intestine
3. Large Intestine
4. Connected To Endocrine System
5. Heart
6. Liver
7. Spleen
8. Connected To Kidney
9. Kidney
10. Connected To Nervous System; Also Helps Release Urine From Bladder
11. Digestive System
12. Connected To Nervous System

According to the Chinese traditional medical theory of Jinguo, which refers to the main and collateral channels, regarded as a network of passages through which vital energies circulate and along which acupuncture points are distributed, the ten fingers are connected with the cranial nerve and vital organs of the human body including the heart, liver, spleen, lungs, kidneys, gall bladder, stomach, intestines, etc. Improving the circulation in the fingers, they say, can stimulate the various acupuncture points in the hand and the circulation of vital energy and blood in the body improving the general health and well-being, warding off disease, relieving pain, anxiety and fatigue. Prolonging life is credited by many to the consistent use of health balls.

ABSOLUTELY AUTHENTIC! PRECISION CRAFTED IN THE BAODING DISTRICT OF THE PEOPLE'S REPUBLIC OF CHINA. No health treatment has survived longer in China nor gained greater confidence than the famed "Iron Balls" as they were once called. They go back to the Ming Dynasty (1368-1644) and had their origin in the Baoding District, Hebei Province. Their gleaming surface earned them the title "Pearls of the Palm." Their present manufacturers boast many honors for the distinctive quality of their products which they have won in nationwide competitions in China. Now being introduced by us in America, they enjoy considerable popularity in the Far East, especially in Japan, Singapore and Hong Kong... and gradually gaining the attention of the rest of the world.

GAINING IN POPULARITY IN CHINA AND THROUGHOUT THE CIVILIZED WORLD! The world has just begun to awaken to the wonders of the heretofore unknown treasures and secrets of the Orient. Many of us have marveled at the efficiency and seeming agelessness of Orientals; why they look so much younger than their age. The introduction in America of marvelous health balls is long overdue. Now you can enjoy their benefits, yes, *now*, without risk.

Dr. Xie Shan-sheng, surgeon in China for over a quarter-century and a leading medical authority says: "Just as there were when acupuncture was first introduced in America, there will probably be some who will display a skeptical attitude toward health balls. And as they did with acupuncture, they will soon become staunch believers when they are confronted with results and witness the way health balls bring joy and relief to sufferers.

Dr. Shan-sheng graduated from the Medical College of the University of *Shan-dong in 1956 and practiced* surgery at the hospital attached thereto till 1958 and for 17 years thereafter served as a surgeon at Jinan No. 2 People's Hospital. Then, as physician-in-charge of the Surgical Department from 1975 to 1980.

In my 25 years in medicine in the People's Republic of China, I have had broad experience in acupuncture along with conventional medicine as practiced in the U.S.A. I have prescribed health balls for a variety of ailments and watched happiness and well-being replace pain and suffering. They are no passing fad but a tried and proven therapy that has survived the severest tests of time and scientific scrutiny. Properly used, they should more than justify the confidence of patients and certainly prove their value. I can see the day when they may very well become as popular in America as they were when I practiced medicine in China."

OFFERED AT A SPECIAL INTRODUCTORY PRICE WHILE LIMITED SUPPLY LASTS. Because of the rapidly spreading popularity of health balls, they have grown by word-of-mouth to be a much-in-demand commodity. And because of the meticulous care and precision required by tradition in their manufacture that restricts production demand, worldwide, limits their availability. We have been fortunate to obtain 50,000 pairs and have placed orders for considerably more. We can promise early fulfillment of immediate orders but we urge that you avoid delay to prevent disappointment.

30-DAYS FREE TRIAL OFFER. If after you receive your health balls and for whatever reason you should decide to return them, we offer you the absolute assurance of fast return of your money.

HELI, INC. 890 State Rd. 434 North
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O.K.! I'm willing to see for myself what the Chinese health balls will do for me. I understand that you will promptly return my money without question. With that in mind, I enclose my ☐ check ☐ money order for $19.50 plus $2.50 for postage and handling (in Florida add 5% sales tax). Sorry, no C.O.D.'s.

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FOOD

LUXURIOUS LOBSTER

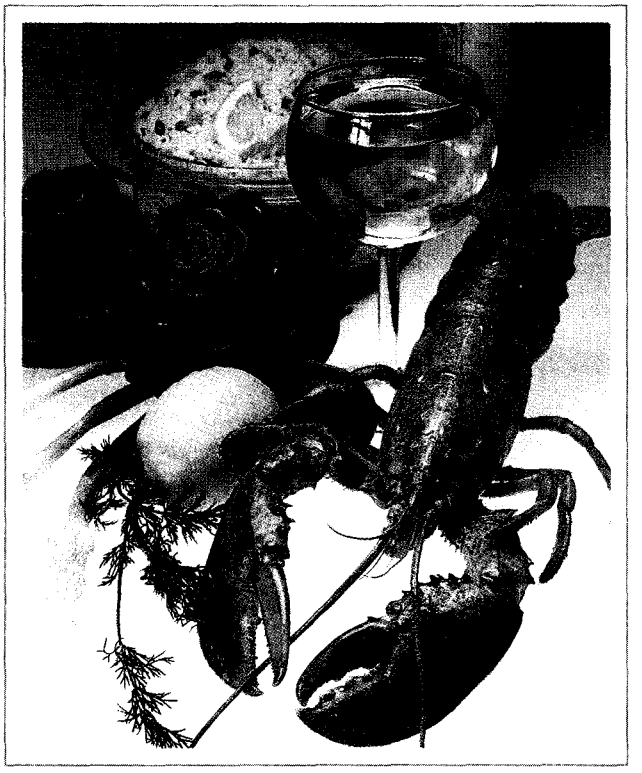
Because you can't shake them like melons or squeeze them like tomatoes, how can you select the most delectable of these esteemed crustaceans? By their personalities, of course.

by Susan Purdy

Somewhere in the heart of Europe, a butler rushes into the kitchen of a magnificent castle. "The baron has requested Maine lobster for dinner," he frantically tells the cook. "What are we to do?" Calmly reaching for the phone, the cook dials Airport Lobster at La Guardia Airport in New York and places an order.

"Flying lobster" is the latest trend among people who enjoy life's luxuries. Airport Lobster, located in each of the four main concourses of La Guardia, sells more than 600 pounds of live lobster a week. Air travelers can now "carry on" succulent, live *Homarus americanus* (Maine lobster) to enjoy at home that evening.

Although lobster are available year-round, dining on lobster has become synonymous with the easy, tranquil days of summer. Perhaps that's because lobster become more active—and thus easier to catch—when Atlantic waters are warmed by the summer sun. Or it may be that summer provides the leisure needed to fully enjoy every tender morsel of this delectable crustacean.



The flavor of lobster comes through best when attended by the right salad and the appropriate veggies.

Lobster are found all over the world. *Homarus gammarus*, the European lobster ("hummer" in Germany and "homard" in France), is almost identical to our Maine lobster, found only from the southern shores of Labrador to Cape Hatteras. The rock, the spiny, and the more exotic shovelnose lobsters, unlike the Maine lobster, have no claws. The Maine lobster is noted for its "ripper," a small, pointed claw, and its "crusher," a large claw.

Some lobster aficionados say the female's meat is sweeter and more abundant than the male's. Others say there is no difference. Judge for yourself: turn the lobster over and check the first pair of swimmerets or feelers closest to the body. The male's, larger and more tapered than the female's, will feel firm to the touch, like the shell itself. The female's swimmerets are soft and feathery, and this area, where she carries her eggs, will be broader.

Lobster, generally dark greenish-blue regardless of sex, are also found in white, yellow, red, and blue. Blue lobster are so rare that only one appears for every 30 million lobster caught. Dr. Anthony D'Agostino of the New York Aquarium found from a pair of blue lobster that certain mutated lobster grow faster than ordinary lobster do, a quality that could help restock our fisheries quickly in the future.

Once lobster were so plentiful they could be scooped up close to shore. American Indians used them as bait for fishing and as fertilizer for their crops. In 1621, Miles Standish, on an expedition to contact the Bay Colony Indians, mentioned going ashore and breakfasting from a pile of lobster that "lay there." Pilgrim accounts tell of lobster five and six feet long, and a Minister Higgins of Salem reported great numbers of lobster, many weighing 25 pounds apiece. He said, "The least boy in the Plantation may catch and eat what he will of them." The plentiful lobster was considered a rather ordinary food; in 1623, Governor William Bradford of the Plymouth Colony was embarrassed because he had nothing but lobster to serve his visitors from England. But the French, far from considering lobster a lowly dish, thought it suitable to serve it at a banquet for Elizabeth of Austria when she made her ceremonial entry into Paris in the late 1500s.

By the late 17th and early 18th centuries, American paintings were

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depicting dinners featuring the lobster. By 1790, shopping for lobster was commonplace in Boston, and by 1800, lobster pots (once known as "poverty boxes" because the poor used them to catch their food) had become a much-used device.

• • •

The largest lobster on record, caught February 11, 1977, in the waters off Nova Scotia, measured 3'6" from the end of the tail fan to the tip of its largest claw and weighed 44 pounds, 6 ounces. In 1986, the Red Lobster restaurant chain made news with "Conan the Aquarian," a 22-pound Maine lobster used to promote the grand opening of a restaurant in Mesquite, Texas. Local wags speculated that Conan, eventually donated to the Galveston Sea-Arama Marineworld, was older than the state, then observing its sesquicentennial. Unfortunately, Conan died in captivity while molting.

As lobster grow they must rid themselves of their small shells by molting. Because the female can mate only during molting, she sends signals to the male—a very "territorial" loner who this once allows her to enter his space. He guards her against predators, because while molting a lobster has no mobility; it can easily be eaten by other lobster or fish. (In fact, lobster enjoy eating lobster as much as humans do.) The female carries her approximately 10,000 fertilized eggs until they hatch nine months later and then leaves them to fend for themselves. Less than one-tenth of 1 percent of these eggs survive to maturity.

In 1984, the 44 million pounds of *Homarus americanus* caught in the United States generated economic activity estimated at $114 million. But Canada supplies us with about half our lobster. Contrary to pessimistic expectations of a decade ago, the annual U.S. catch is 50 percent larger than it was in the mid-'70s.

Legal-size lobster measure 3 3/16 inches from the eye socket to the edge of the carapace. Called "chicken" lobster, they usually weigh about 1¼ pounds. "Culls" are lobster missing a claw or having two small claws. Lobster fishermen call their catch "bugs" and refer to a lobster that has just shed its shell as a "new shell."

To such lobstermen as Alan Eagles of Newport, Rhode Island, lobster fishing is more than a job: it's a way of life. Eagles, who started with his own business at 11 years old, has been lobstering for 25 years. Eagles fishes offshore, running two boats and placing 3,000 lobster pots. His Ace Lobster Company sells to such wholesalers as the Aquidneck Lobster Company, which buys the entire boatload and then sells to dealers and to the public. Prices this year are the highest they have been in the history of lobstering because the Canadian fisheries, which usually flood the market just when the Yankee lobstermen are in an off season, are having a very bad year.

Seafood chefs get all steamed up over the proper way to cook lobster. Old salts say steaming in a large pot is best, preferably in the lobster's native seawater.

How can a consumer judge a fresh lobster? A lobster sitting in a tank is just as fresh as one sitting on the bottom of the ocean. Experts say a good way to select a lobster is by personality. An aggressive lobster rears up when approached and raises its claws. It should flap its tail vigorously when taken from the water, and its tail should be tightly curled when cooked. Because the fishery is a year-round business, lobster are always available, but during the late summer and early fall months, the supply is plentiful and prices should be lower.

There are two schools of thought on the best way to cook lobster.

• The British recommend placing the lobster in a pot of salted cold water (water should cover the lobster) and slowly bringing it to a boil. Devotees of this method say the lobster gently drifts into the sleep of sleeps.

• Mike Brown, in his book *The Great Lobster Chase*, says lobstermen prefer to place their catch in a pot at least twice the volume of the lobster to be cooked. He recommends putting three inches of water (seawater if available) in the pot and bringing it to a "ril'n br'l." Then put the lobster in headfirst, making sure the tail is tucked beneath its stomach to avoid a dousing from the flexing tail. The lobster will turn red and be ready to eat in 10 to 12 minutes.

Lobster has an unquestionably delightful flavor, but is it good for us? A pound of lobster meat contains only 413 calories. Although high in sodium and cholesterol, lobster also contains much potassium and phosphorus and traces of selenium and zinc, said to play valuable roles in stimulating the body's immune system and in capturing free radicals, the precancerous chemicals that may be formed after exposure to carcinogenic substances.

The presentation of steamed lobster is part of the treat in dining out. All eyes turn to your waiter as he carries the plate to your table, and an audible sigh can be heard. To accompany this marvelous feast, you may follow the Maine tradition and serve either black coffee or Mount Gay rum or opt for a fine white wine such as Chablis, Macon, Loire Valley Muscadet, Côte de Beaune, or a California Chardonnay or Fumé Blanc.

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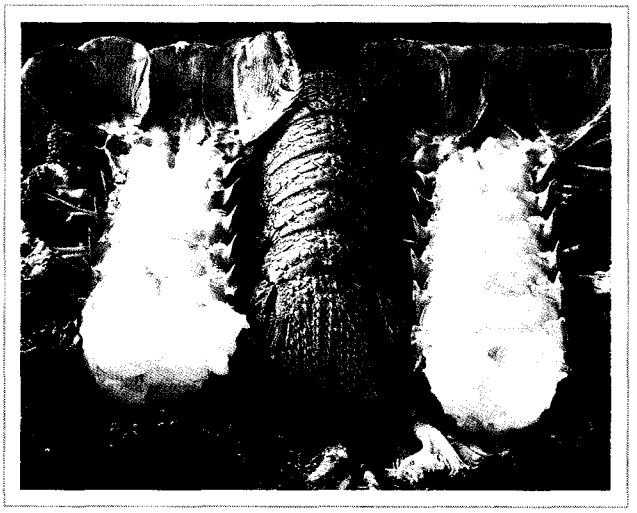
The comedian Dom DeLuise's new cookbook, tentatively entitled *Eat This*, will be out this Christmas. "Lobster is one of my most favorite foods in the world," he declares. Try his recipe for Luscious Lobster Sauce (below). Kissing his fingertips, he says, "I know you'll just love it."

The singer Patti LaBelle, another celebrity lobster lover, relates: "When I was growing up in Philadelphia, I didn't know tuna from lobster. Like furs, jewels, limousines, and fancy parties, lobster is one of life's great luxuries. If I had to give up any of these trappings of the good life, I'd forsake them all if I could just keep on eating lobster."



According to discriminating gourmets, African rock lobster tails are everything they're cracked up to be.

Dom DeLuise's Luscious Lobster Sauce

(Makes 4-6 servings)

1 tablespoon oil
2 shallots
1 teaspoon fresh basil
1 teaspoon fresh parsley
1 teaspoon fresh thyme
2 quarts fresh tomatoes, skinned and chopped (or 2 28-oz. cans plum tomatoes)
½ cup white wine
1 pound quartered mushrooms
4 tablespoons olive oil
Butter
4 garlic cloves, minced
1 tablespoon lemon juice
Pepper to taste
2-3 cups cooked lobster (in chunks)
1 pound cooked linguini

In large pot, heat oil and briefly sauté shallots, basil, parsley, and thyme. Add tomatoes and wine. Bring to boil and simmer 20 minutes. Then add mushrooms.

In frying pan, gently sauté lobster in a little olive oil and butter. Add garlic, lemon juice, and pepper. (Heats in minutes; don't overcook!)

Combine sauce and lobster and serve immediately over hot pasta or rice. Or serve by itself in small individual casseroles.

Lobster Thermidor Alioto Style

(Makes 2 servings)

1 California spiny lobster (or Maine lobster)
2 quarts water
¼ cup rock salt
1 cup dry white wine
2 bay leaf sprigs

Combine ingredients in large pot and poach lobster 10-12 minutes. Remove lobster from pot and split lengthwise down back. Remove and chop meat. Set aside. Wash lobster cavity and set aside.

2 tablespoons unsalted butter
1 tablespoon olive oil
½ small white onion
4 scallions or green spring onions (chop only whites)
¼ pound chopped mushrooms
4 ounces dry sherry
Pinch chopped parsley
Pinch grated Romano cheese
Dash mace or nutmeg
Dash white pepper
Dash dry mustard
4 ounces heavy cream

Sauté 1 tablespoon butter, olive oil, onion, scallions, and mushrooms on medium heat until onions are transparent. Add chopped lobster and sherry; cook until liquid is reduced by half. Add remaining ingredients except remaining 1 tablespoon butter; again reduce by half. Add remaining butter, place in lobster shell, and serve with rice.

Brendan Walsh's Lobster Corn Chowder

(Makes 4 servings)

Stock (1 quart):
4 lobster, about 1¼ pounds each
1 bay leaf
1 lemon
1 tablespoon dried thyme
1 tablespoon black peppercorns
2-3 cloves
¼ cup coarsely chopped parsley

Put lobster in large pot, cover with water, and bring to boil. Cook 6 minutes; then, remove lobster and allow to cool. Remove meat from shells. Add to liquid: lobster shells broken in small pieces, bay leaf, lemon, thyme, peppercorns, cloves, parsley. Boil over high heat; then, simmer for ½ hour. Pour stock through sieve, pressing shells. Return liquid to pot and continue to reduce to 1 quart.

Chowder:
4 ounces unsalted butter
1 medium onion, minced
2 pints cream or half-and-half
1 medium chayote or potato, peeled, quartered, precooked in salted water
1 pinch cumin
¼ cup mixed green, red, or yellow bell peppers, julienned
1 poblano chili, roasted, peeled, seeded, and julienned
Kernels from 1 ear of corn or 1 package frozen corn
1½ teaspoons coarsely chopped coriander leaves
Salt and pepper to taste
½ tablespoon seeded and minced jalapeño pepper

In medium saucepan, melt 1 teaspoon butter over low heat. Add onion and ¼ cup stock. Cook over lowest heat till onion is soft. Add remaining stock and reduce by half. Add cream, chayote or potato, and cumin and bring to boil. Lower heat and simmer 4 minutes. Add peppers, poblano chili, corn, coriander, and salt and pepper. Add jalapeño to taste and bring to boil. Beat in remaining butter and then reduce heat and simmer 2-3 minutes. (The dish may be made ahead until this point.)

Add reserved lobster meat and cook until warm. Add salt and pepper to taste and serve immediately. Top each portion with chopped basil leaves and croutons.

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Announcing a Limited Edition Minting of the

U.S. Mint Rare 1986 Silver Eagle Dollar

AS A

ONE POUND SILVER PROOF

ACTUAL SIZE
WEIGHT, 1 OZ.

ACTUAL SIZE
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This history-making Silver Eagle Coin is the largest, heaviest, *purest* silver coin the U.S. government ever minted. First issued in October, 1986, it became an instant rarity. Since then, demand from collectors and investors has actually *doubled* its value.

Now, the 1986 Silver Eagle has been produced in a proof minting of *one pound of pure silver* and is being released to the public exclusively by The Federal Coin Fund.

Each one pound pure Silver Eagle Proof will be minted in gleaming, mirror proof finish and will be individually serially numbered and edgemarked with its purity and one pound weight. Each will be accompanied by a Certificate of Authenticity and Guarantee. Handsomely presented for gift giving or storage in a vault, it will become a family treasure to be held as a valuable heirloom.

These magnificent new one pound silver "magna-coin" proofs will be minted in a full 3.5 inch diameter and will be available, while this limited edition is still open, at $259 each.

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SUB-TOTAL		_____
SILVER ONE POUND PROOFS	_____ @ $259	_____
POSTAGE AND HANDLING PER "MAGNA-COIN" PROOF $5		_____
TOTAL		_____

☐ I enclose Check or M.O. of $_____. ☐ Charge to my: ☐ Mastercard ☐ Visa ☐ Amex

Card # _____ Exp. _____

Signature _____
(Charge order must be signed to be valid)

Telephone # _____

Name _____

Address _____

City, State, Zip _____

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In haste we've abandoned the green garden outside the kitchen for a fast track... But in our haste we are wasting the magnesium in our food.

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Ever since we abandoned the kitchen—and the kitchen garden—for the workplace, we've been wasting the magnesium from our fresh foods. Canned vegetables may be great for working moms, but a can of green peas has lost about 40 percent of its magnesium. A package of easy-to-prepare frozen peas has about 30 percent less magnesium than fresh peas. Processing wheat into all-purpose flour takes a devastating toll on magnesium.

So why should we be concerned about losing so much magnesium?

Because the magnesium in the typical American diet is inadequate for men and pregnant women and barely adequate for other women. Because countries where magnesium in the diet is low have a higher death rate from heart disease than countries where the diet is rich in magnesium. Because Finnish people in parts of North Dakota with magnesium-rich drinking water have fewer heart attacks and strokes than their relatives in Finland, where magnesium intake is low. . .but enough already.

The bottom line is most Americans need more magnesium than their diets provide. Magnesium is essential to cell growth and protein formation. Many enzyme systems depend on it, and without enough of this mineral in combination with calcium, our muscles couldn't contract and relax properly. And more research is showing that magnesium plays an important role in protecting us from heart attacks, hypertension in pregnancy, kidney stones, muscle cramps, even stress and irritability.

The good news is you can get the necessary amount of this important mineral without going to all the trouble of gnawing on a piece of structural metal or downing a barrel of sea water. The foods highest in magnesium are nuts, shellfish, whole grains, green vegetables, legumes, and, yes, chocolate. The calorie content of some of these, however, makes them a no-no for some. And if you like a cocktail before dinner and a glass of wine with dinner, chances are you're losing the magnesium you do get in that meal. (Alcohol is a major contributor to magnesium deficiencies.)

Enter Slow-Mag® .

Among the goals of the Saturday Evening Post Society, surely not the least is the health of the contributors to our medical research programs for disease prevention. Thus, for your support we will deliver to your door a 24-tablet bottle of Slow-Mag magnesium supplement. Why Slow-Mag rather than a barrel of sea water? Besides shipping costs, Slow-Mag's enteric coating is designed to prevent the tablet from dissolving in the stomach, where it might cause gastric upset or indigestion. By dissolving slowly and evenly as it passes along the intestine, it provides the potential for maximum absorption of the magnesium.

More than that, Slow-Mag contains magnesium chloride, which authorities think is one of the most easily and efficiently absorbed forms of magnesium available.

Yes, we want you to become—or stay—healthy by adding magnesium to your daily diet. At the same time, we are asking for your help in continuing our research into other issues pertaining to well-being, longevity, and happiness. It is with your contribution that the Society can dig even deeper into today's persistent medical problems.

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Yes, I want to add the essential mineral magnesium to my diet. Please send me a 24-tablet bottle. I'm enclosing a contribution to the medical research for: ☐ Cancer prevention ☐ Heart disease

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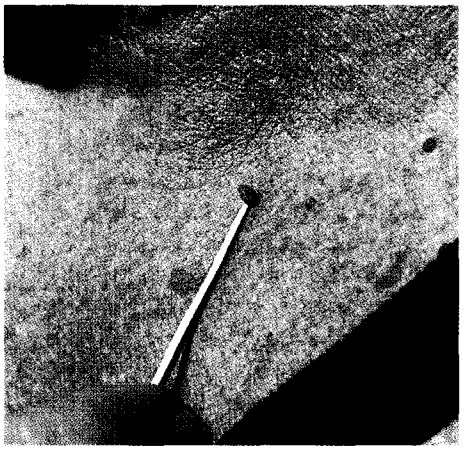
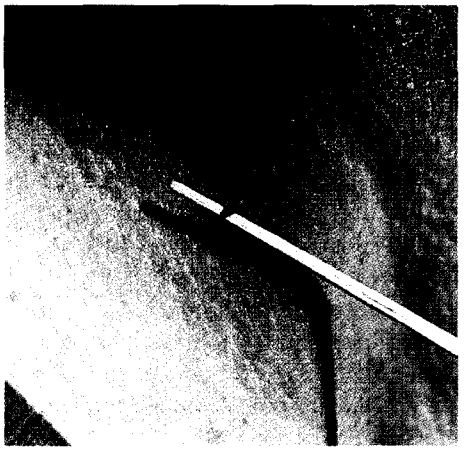
MEDICAL MAILBOX

by Cory SerVaas M.D.

To be astonished at anything is the first movement of the mind towards discovery.—*Louis Pasteur*





While jogging around the neighborhood with my husband, I dropped out to visit with Bill VanVactor, who was out picking up his morning paper. I spied three skin tags on his neck and imposed upon him to let us photograph them for this column. We're persuading him to have a flexible sigmoidoscopy of his colon to look for precancerous polyps because we're trying to help settle the controversy among medics as to whether people with skin tags have more polyps in their colons.

Sleuthing to Prevent Cancer

What do skin tags have to do with eating fiber? If you have skin tags, you have good reason to increase the fiber in your diet—if you believe the suggestions from the National Cancer Institute, that is. If you grow skin tags, there is some evidence you are more likely to grow polyps in your colon. And, as everyone knows, polyps in the colon can become cancerous, as one in our President's colon did. And that's where the National Cancer Institute comes in: it has come out front with the advice that we should all be eating more fiber to protect us from certain kinds of cancer, especially colon cancer. Our long-time readers know that the *Post* came out foursquare more than 16 years ago urging everyone to eat fiber. We've believed for a long time that fiber helps prevent not just colon cancer but diverticulosis, diverticulitis, and a myriad of other bland-diet related problems.

"You're making our little hospital here in Elm City famous, *Mr. Cosgrove."*

If you have found those pesky little pedunculated skin tags on your body, you might be interested in a recent study done at the Veterans Administration Hospital in Miami. One hundred patients who had been referred for colonoscopic exams were inspected for skin tags. Most of the tags were found on the upper trunk or neck area. Of the 100 patients, 46 were found to have colonic polyps, and 37 of these had the identifying skin-tag markers. In other words, the skin tags were more than 75 percent accurate in pinpointing the presence of polyps in the colon.

Having skin tags does not necessarily mean you have a colon problem—11 of the 100 patients had skin tags but no colonic polyps. However, the researchers believe the data suggest skin tags may help identify persons at risk for colonic polyps and, possibly, cancer of the colon.

Although skin tags aren't considered precancerous, polyps in the colon are. Gastroenterologists recommend removing the polyps in the colon at the time they are discovered. With relatively new fiber-optic colonoscope and sigmoidoscope equipment, it is possible for the physician to locate the polyp, show it to the patient through the fiber-optic viewing end of the tube, and remove it, all during a half-hour to an hour office procedure. The surveillance of the lining of your colon becomes more important the older you become. Gastroenterologists, the

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When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

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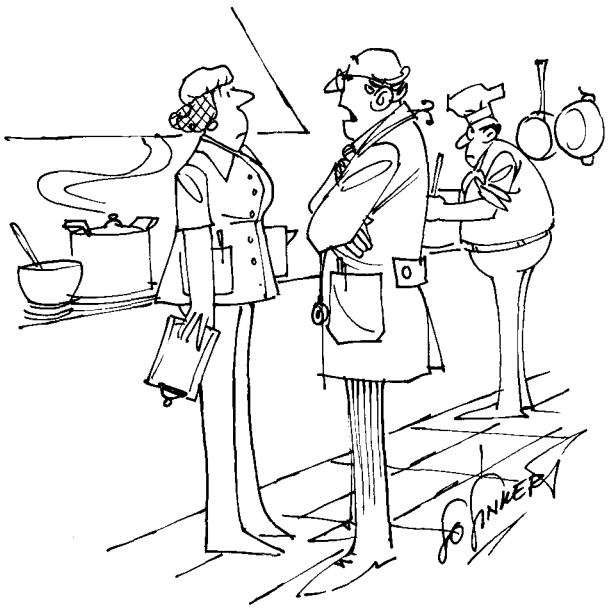
specialists who take care of the gastrointestinal tract, have become very proficient at viewing the lining of the colon, all the way to the cecum. (The cecum is the place where the small intestine attaches to the colon and is also the site of the appendix.) Traditionally, most early cancers were detected on the left side of the colon. Now that more sophisticated equipment is available and more people are being tested, doctors are finding more on the right side than they used to find. Because colon cancer is so common in both men and women, it pays to watch for this one. If you have a family history of colon cancer, it is especially important to remind your doctor of this fact so that he will arrange for a flexible sigmoidoscopy, colonoscopy, or possibly an air-contrast barium enema.

To prevent becoming one of the 60,000 colon-cancer fatalities predicted for the United States this year, eat fiber every day. Increasing the fiber in your diet each day needn't be boring. There are many good recipes for high-fiber dishes. Dr. Vincent DeVita of the National Cancer Institute reminds us that foods such as cantaloupe increase not only the fiber in our diet but also the beta-carotene, a substance that shows promise of preventing some kinds of cancers. Some doctors I know feel fiber is so important they don't wish to leave it to chance for their patients. If they sense that a patient may not want to discard favorite pastry recipes in favor of whole-grain, high-fiber foods, they prescribe the regular use of fiber supplements as a convenient, dependable way to increase the fiber content of that patient's diet.

Need Major Surgery? Donate Your Own Blood

It may take some doing, but if you have surgery coming up, there are good reasons for having your own blood drawn ahead of time to be used for possible transfusion. There are small but unavoidable risks to receiving blood transfusions, and these risks can be completely eliminated by using your own blood. You can't give yourself an infection with your own blood cells.



"Better get a new cook, Ms. Cusey—my patients are pleading to go back on intravenous feeding."

Those at high risk for AIDS are asked not to donate blood, but as AIDS spreads to the heterosexual community, more people who do not know they have been infected with the AIDS virus may be donating. Since infected victims may innocently donate blood, how safe are the antibody screening tests currently being used to detect the AIDS virus?

We know after a victim has become infected, there is a period before the antibodies are detectable. This period is called a "window," during which the AIDS virus would not be detected in any tests currently being done on donated blood. We called the Centers for Disease Control for updated information about safety in blood screening, and the first question we posed to Charles Schable was: "How long can a person be infectious with the AIDS virus and still not have an antibody titer high enough to be caught in the blood-center screening?"

CDC: "It is difficult to say, because it depends on the person's biological response, and it depends on the volume of inoculation. Someone who stuck a needle in himself is going to react differently than someone who got a unit of infected blood.

"Plus, a lot of people don't know exactly when they were inoculated. That's the other problem. When a male homosexual has had numerous exposures, how does he know who was positive or who was a drug addict sticking a needle in himself every day? How do we know when the exact exposure occurs? So a lot of the data are based on individuals who had received bad blood, if you want to use that term. We know that antibodies *can* come up very quickly—that is, five to ten weeks. If you test somebody every day, you are obviously going to pick it up very fast, if you know when they were inoculated. But how many people are going to get tested every day? So we at the Centers for Disease Control recommend that if you think you have been exposed, you should go get tested after 120 days. Generally speaking, if you haven't developed antibodies by then, you are not going to—although it is not 100 percent certain."

Post: If an infected person donated blood at a blood bank any time during the 120 days, it could contain the virus but not the antibody?

CDC: "It's conceivable. First of all, we've asked high-risk individuals not to donate blood, so let's assume those people aren't donating. But since AIDS has clearly spread in the heterosexual population, someone may have been exposed and not realized it. Let us say that it is going to take this person 100 days to develop antibodies. If he were to donate blood on the 90th day, testing for the antibody would be negative, but I can assure you that he would still be infectious."

Post: And the blood?

CDC: "It would go through the system. So the test is not foolproof, because it is based on the biological system of the person making the antibodies."

Post: If it goes through the system, you're saying it goes through the ELISA antibody test, and it will never get to the Western blot test?

CDC: "That's correct."

Post: Even if it's a false negative?

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"My daughter noticed first —before, I just accepted being uncomfortable all the time as the price of getting older. After, well it's like a whole new me has been released. And that's a great feeling."

Overcoming irregularity makes the difference.

Frequent irregularity is often caused by a lack of fiber in your diet. Too little and it's difficult to stay regular.

That's why you need Metamucil — natural therapeutic fiber doctors recommend by name.

Stay regular for the rest of your life.

Metamucil offers the long-term solution to irregularity. Because it's made of safe, natural fiber.

And Metamucil is so effective — used daily it not only restores regularity, it can help keep you regular for the rest of your life. That alone is pretty remarkable. But Metamucil doesn't stop there.

It also frees you from relying on harsh, chemical laxatives. Since they're not fiber, they only offer a temporary solution.

No wonder so many people prefer life after Metamucil.

Metamucil.
And you could be regular for the rest of your life.

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More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.

Use as directed.

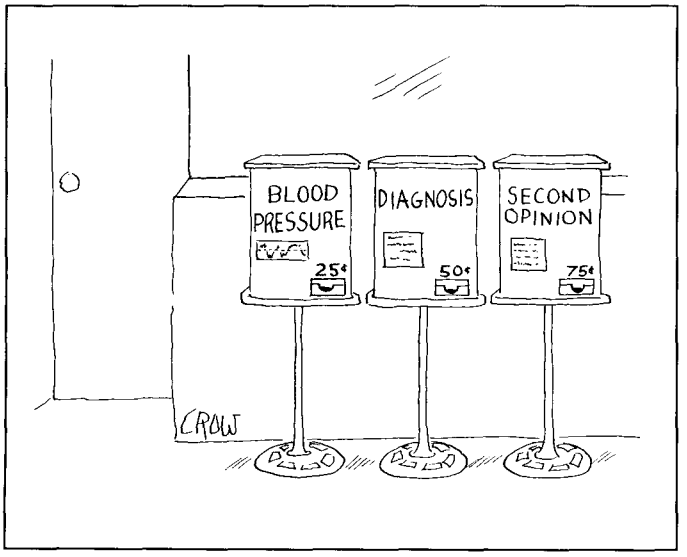
CDC: "Yes, but it's a false negative only in the sense that the test is not sensitive enough or there is actually nothing there to measure."

Post: You're saying the "window"—the time when the antibody might not be caught—can be four months, but we have been told the window was six to seven weeks.

CDC: "That's the average. I would say that the window is less than four months, because we do know cases in which individuals have come up antibody positive in five weeks."

Post: Oh, so it's somewhere between?

CDC: "So it's average. That's why we had to come up with a standard waiting period. We don't want everybody running out to be tested every day—the system couldn't stand that. So we recommend you wait 120 days to be tested if you think you have been inoculated. We are talking about a general population that often doesn't know exactly when they were inoculated, which is the same thing that has happened with hepatitis B. So some things fall through the cracks."



Post: Do some people who have the virus *never* develop antibodies to AIDS?

CDC: "That's a good question. In hepatitis B, there are people called hepatitis B chronic carriers who never develop antibodies to hepatitis B, yet they have the virus in them constantly. We haven't found one of these in AIDS carriers yet—at least the CDC hasn't. I'm not going to sit here and tell you they are not out there, but they are going to be extremely rare. I, personally, would say there probably *are* people like that because, looking at the whole range of biological functions, it could probably happen. But it would be so exceedingly rare that it is not going to be a major factor in the spread of AIDS."

Post: Do we have a test for non-A non-B hepatitis?

CDC: "No, there is no test for non-A non-B at all."

Post: What about hemophiliacs? Do we pool blood for manufacturing their Factor VIII?

CDC: "Hemophiliacs are still getting pooled material. That pooled material is now gotten from screened donors, and the materials are being heat treated. Heat treatment kills the AIDS virus. So, theoretically, there should not be any new hemophiliac-associated AIDS cases—you have two precautions."

Post: Does the heat treatment eliminate the hepatitis

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virus as well?

CDC: "No, unfortunately, I don't think it does. I'm not exactly sure what the treatment involves, but it clearly bumps out the AIDS virus. That's the one that most everybody worries about."

Post: Do you suggest people predonate their blood before surgery if possible?

CDC: "Autologous donation is the very best way. I would have recommended that 20 years ago. I think autologous donations are absolutely the safest way you can receive blood because you are getting your own blood. Unfortunately, you can only use that for nonemergencies." [Editor's note: There is another way to receive your own blood during surgery: the surgery staff can collect blood during the surgery that hasn't been contaminated and put it back by transfusion intravenously.]

• • •

AIDS isn't the only reason for recommending autologous blood donations. As explained by the CDC, it isn't possible to detect non-A non-B hepatitis in donated blood. No matter how careful the blood banks are, there is no technology at this time to tell which blood is infectious. And it isn't possible to "heat treat" red blood cells before transfusion, because they would quickly burst.

Red blood cells can be *frozen* without being harmed, however. If you are contemplating surgery, your frozen red blood cells may be kept almost indefinitely if maintained at temperatures below -65° C.

If you expect you'll be needing surgery in the future, it is a good idea to give your doctor plenty of time to arrange for autologous transfusion. Your body's ability to replace lost red blood cells should not be a problem, but if you are anemic, your doctor would tell you that you couldn't predonate if your hematocrit level fell below 34 percent. Your doctor might choose to prescribe an iron supplement prior to your series of autologous donations so that the chances of your becoming anemic are decreased. Most people replace their red blood cells soon after donating blood.

We asked hematologist Dr. Dane Boggs of the University of Pittsburgh to tell us when the need for transfusion can be anticipated.

Dr. Boggs: "In various procedures, such as artificial hip joint replacement or open heart surgery, a certain number of units of blood are crossmatched and available before the surgery is begun. With proper planning, the patient can donate his own blood some time before surgery, to be used if necessary.

"Thus, if you are scheduled for elective surgery, you should ask your doctor, 'Will I require transfusion?' If the answer is, 'You probably will,' you should ask, 'Can I give my own blood?'

"The patient should ask this question even if the doctor doesn't mention it. Many doctors have not incorporated this idea into their armamentarium. Arranging for autologous transfusion may involve some inconvenience for the physician, but any blood bank is fully capable of providing such services, and a formal program of autologous transfusion is available through virtually all of our 200 regional blood centers as well as through many individual hospital blood banks.

"The patient must be willing to undergo modest inconvenience plus the slight pain of needle sticks at the blood

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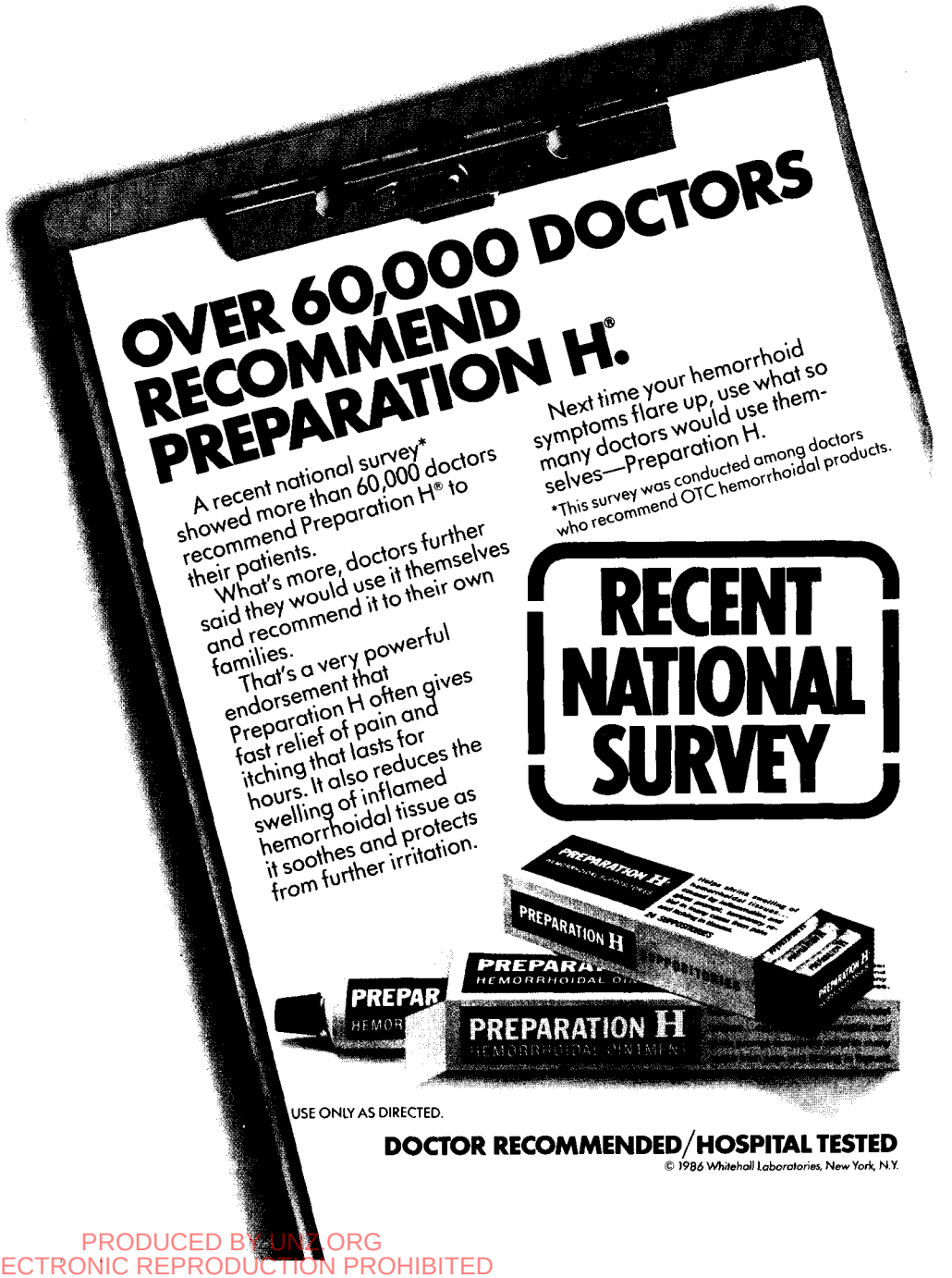
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Peter Michael

This historic Jerusalem landmark, donated in 1857 by Sir Moses Montefiore, was once used to mill grain.

Peter Michael

The most splendid Y.M.C.A. in the world stands majestically on King David Street in Jerusalem.

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Join us in a video-captured tour of

OCTOBER 1987

Feast of Tabernacles

We want you in the picture. Your tour host, the Rev. Peter Michael, director of television for the Post Society, will document the entire trip for you on video. You'll share it with your family and friends. And your videocassette is included in the price!

You'll visit the Sea of Galilee, the Mount of Olives, Lazarus' Tomb, and Jericho. You'll participate in the Feast of Tabernacles.

The emphasis is on health and fitness. You will be provided with bran bags. You'll eat Ezekiel's bread and other health foods mentioned in the Bible.

Bring your jogging shorts and warm-ups, and be prepared to walk on the ramparts of the wall around the Old City in Jerusalem. Bring your gardening gloves—we found the Garden of Gethsemane in need of weeding. One morning of our exercise regimen will include weeding the Garden.

The tour departs from New York Saturday evening, October 10, and returns October 20. Reservations for this exciting experience are limited, so mail in the coupon today.

Dr. Cory SerVaas wants you to get in this picture with her friend Charley and his docile camel. Charley will help you mount his camel safely, and you'll ride up to the Garden of Gethsemane. You'll be in our Holy Land Videocassette.

Through centuries, the Wailing Wall has been the holiest place for Jewish prayer.

Your host, the Rev. Peter Michael, will televise the tour. Relive your fitness tour of the Holy Land. You can play it back with your very own videocassette. Watch yourself and your friends ride a camel, jog around the Old City, and weed the Garden of Gethsemane.

yes, put me (us) in the picture.

Send me:

- ☐ The Tour Brochure
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Address _____

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The Saturday Evening Post Society
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bank approximately once a week for two to five weeks, depending upon the number of units desired. The patient very quickly manufactures new blood cells to replace those donated. If the last donation is approximately three weeks before surgery, and if oral iron tablets are given, blood counts will usually return to normal by the time of surgery. Blood can be stored for as long as six weeks in a refrigerator, or it can be frozen and stored almost indefinitely. Thus, when surgery is not urgent, a relaxed program of donation for autologous transfusion can be employed."

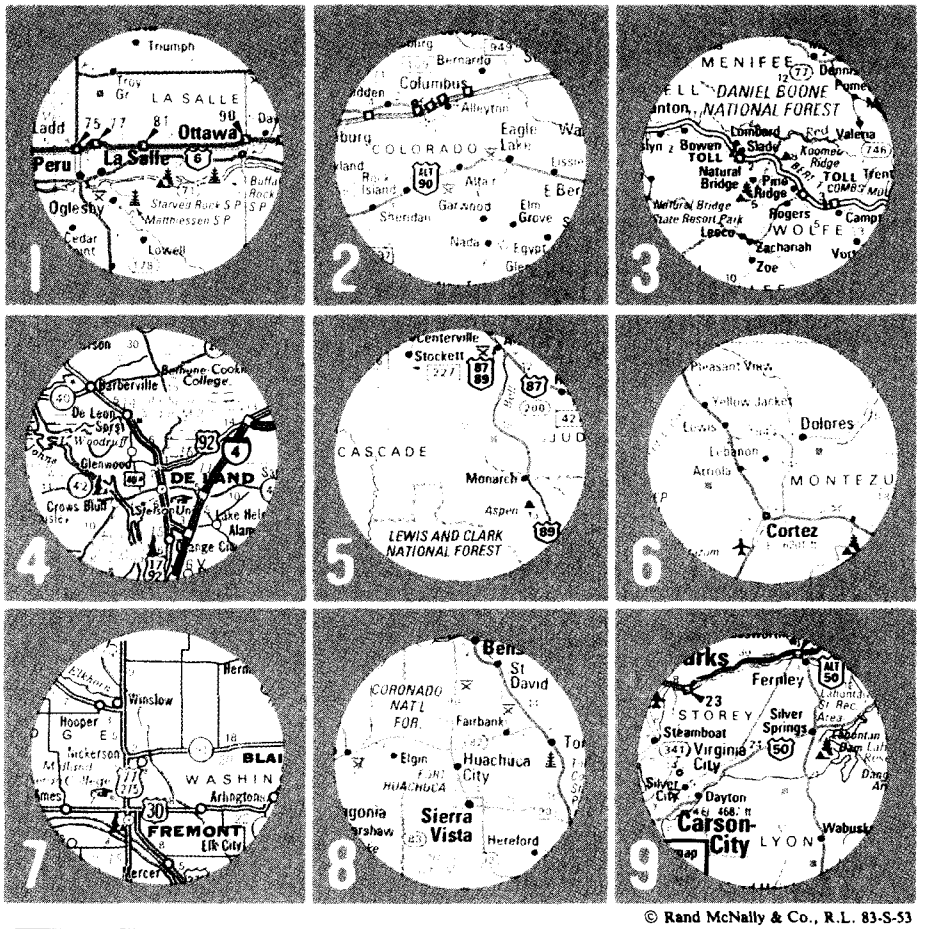
• • •

Dr. Douglas Surgenor recently wrote in the *New England Journal of Medicine* about the availability of autologous predonation and transfusion services. He stated: "The number of currently active hospital-based predeposit programs is not known. In 1980, 1 of 10 U.S. hospitals (681 of 6,432) reported collections of autologous blood. It is likely that at least 1,000 hospitals have programs now. The advantages of an autologous predeposit program in the patient's own hospital include simplification of the logistics, freedom to make special provisions for patients, and continuous contact between the patient, the blood-bank staff, and the patient's physician. As an alternative, almost all of the 200 regional blood centers in the United States offer an autologous predeposit service to patients by arrangement with the hospitals in their regions."

Dr. Pearl T.C.Y. Toy and her colleagues completed a national multicenter study recently published in the *New England Journal of Medicine* in which they reported on 4,996 patients undergoing elective surgery at 18 hospitals: "Cross-matched blood was ordered for 1,287 patients (26 percent), and of these, 590 (46 percent) were considered eligible for predepositing blood. Only 5 percent (32) of the eligible patients actually predeposited blood, indicating that predonation is not widely used."

The authors concluded: "Greater use of predonation would not only reduce the demand on the blood supply by decreasing the need for homologous [outside donor] transfusion, but would probably also reduce the risk of hepatitis and other transfusion-associated illnesses."

If you would like additional information about this subject, you may write to: Safe Blood, P.O. Box 567, Indianapolis, IN 46202.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Exploring this game can be fun.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers at right)

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WHERE DO YOU THINK YOU ARE?

(Answers from left)

1. Illinois 4. Florida 7. Nebraska
2. Texas 5. Montana 8. Arizona
3. Kentucky 6. Colorado 9. Nevada

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The Tenth
Pan American Games
Indianapolis
7-23 August 1987

The Children's Better Health Institute will sponsor Pan Am Games for Little People for the toddlers and young children visiting the 1987 Pan Am Games with their families.

The children will participate in small pedal-car races, foot races, croquet games, tricycle races, bean bag relays, and more.

Children ages two to ten will be eligible to enroll in the fun games. Blue ribbons and red ribbons will be awarded. All children will be given a Pan Am Games Participation Award.

Dates of the Pan Am Games are August 7 to August 23 in Indianapolis.

While children play, the Institute's Mammobile will be available to give mammograms to the mothers and grandmothers on our new state-of-the-art, dedicated mammography equipment. Appointments may be scheduled in advance by letting the Institute know when you will arrive. Free parking available. Call 1-317-636-8881 for information, or mail coupon below.

Children's Better Health Institute
1100 Waterway Boulevard
P.O. Box 567
Indianapolis, IN 46202

☐ Yes, we're bringing children to the 1987 Pan Am Games in Indianapolis. Please send information about Pan Am Games for Little People, sponsored by the Children's Better Health Institute.
☐ Please include information about mammography for mothers and grandmothers age 35 and over.
☐ Please send information about the 1987 Pan Am Games.

Name _____

Address _____

City _____ State _____ Zip _____

Ages of children _____

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Magical Geranium

continued from page 69

give it to you for a present." His eyes were blind with tears, but he repeated, "I'll carry it. I'll carry it all the way."

She put out a hand and touched it. She put her hand up and touched his face. She looked up and down the empty road and all around, as though she did not know where she was. The bank beside her was blue with wild flowers. There was an old rail fence, and a big tree made a natural shelter over it. She sat down on the bank and leaned against the tree. Suddenly she turned from him, her arm against the tree, her face against her arm, and she began to cry. He stood there with the pot of flowers in his hand, and he was riven and overwhelmed. He could not move or speak. He had never heard her cry before, but now her sobs tore her, and they tore him too. Her carpetbag lay on the ground, and the dusty road was quiet. All the birds were still. All sounds of field and meadow stopped, and the whole earth lay crushed and silent, filled with the sound of her dark despair. And there was nothing he could do at all.

It was always hard for him to remember afterward the things that followed that stark and terrible moment, the worst of his whole life. Then far away he saw the cloud of dust, and then the rig, riding toward them, the mare coming at a trot. They were coming after the geranium! But nothing more could happen to him. He stood dumbly, clutching his flower. The horse and rig came on fast. It was Mr. Applegate and Marlene! But he could not even feel joy to see them. Not then.

They lifted Amelia from the bank. They put her in the rig. The carpetbag and Tommy, with his plant, went up on the back. Marlene held his mother in her arms and let her cry. Fragments of their talk came back to him even yet.

"You must forgive her," Marlene said. "She has a jealous heart. She can't bear to see someone else loved or praised. She couldn't bear to have you to the wedding, and everyone saying how wonderfully you had made my dresses. She can't help it, Amelia. Mr. Applegate and I will help you. We are going to pay you for my wedding clothes. We are agreed. We're sending you to his sister in St. Louis, and she'll look after you."

There was the little depot and food in a strange house, and then the train. There was the woman who met them in St. Louis with the bright shawl over her curly head. She was Mr. Applegate's own sister. She had a parlor where Tommy's mother sewed. There was the sewing machine—a wonderful contraption that Tommy was not allowed to touch. And they lived there, and Tommy went to school.

But actually, from the time his mother sat down on the bank and wept until it slowly came home to him that they would not move again, that they really had a home, there was always that dazed and stricken interval.

"We'll do the best we can, Mr. Avery. What time do you like to get up?"

He carried the little flower pot all the way to St. Louis. It sat on the window sill where his mother sewed, and it bloomed and bloomed. They had it a long time, it seemed to him. Like all material things, it passed away, and he did not know when or how.

• • •

The old man sighed. The daylight was fading. And there was the car, with his grandson, Tom Paul, and Tom had his luggage. But he sat on at the window, not moving. He was tired. The road had been hot and dusty, and the walk, long. He could still smell the spicy fragrance of geranium.

Magnesium

continued from page 53

Supplements

Post: Do you take magnesium supplements?

Dr. Seelig: Yes, I've taken magnesium for almost 20 years. I usually take at least 200 mg a day because I come from a family with a history of hypertension. Many factors contribute to high blood pressure, and it is not surprising that my taking magnesium for many years has not prevented development of hypertension, for which I take an antihypertensive drug. Whether the magnesium prevented as severe a form of the disease as afflicted my father, who had multiple small strokes when he was much younger than I am now, I can only speculate.

To learn whether an increase in magnesium intake will prevent some of the cardiovascular diseases that plague our society will take extensive controlled studies.

Post: Many of our readers already take calcium supplements. How does magnesium interact with calcium?

Dr. Seelig: There is a great deal of interest now and a great deal of information on television concerning the importance of calcium in preventing or treating osteoporosis. What is not generally considered, though, is that calcium and magnesium are competitive. Calcium is important to increase the mineralization of the bone. However, unless the organic portion of the bone—the matrix—is kept healthy, increasing mineralization can cause the bone to become marble-like and to lose elasticity. Magnesium is necessary for healthy bone matrix, and one way estrogen, the normal anti-osteoporatic substance, maintains the bone matrix is by increasing the deposition of magnesium. Since estrogen increases the shift of magnesium to bone and both work to decrease the risk of fracture by maintaining bone elasticity, it could be that postmenopausal women on estrogen should increase their magnesium intake as part of their osteoporo-

continued on following page

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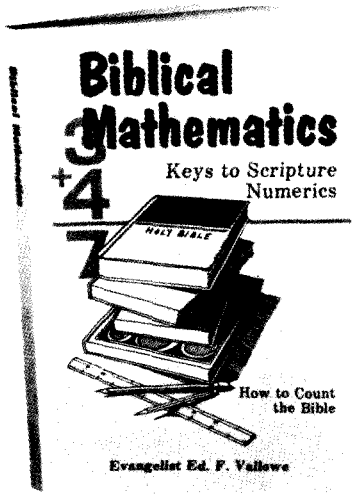

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Magnesium

continued from page 108

sis-prevention program.

Other Conditions

Post: Do premenopausal women need as much magnesium as men?

Dr. Seelig: Apparently women can manage better with less than men, at least before menopause. Men do not retain or utilize magnesium as well as do young women, and men often need more because of their greater physical activity. But the current level still isn't an optimal quantity for women, especially when they're pregnant or nursing. Recent work shows that even the typical middle-class white woman doesn't get the optimal amount of magnesium to maintain a normal pregnancy and at the same time build up the fetus.

Now, this has very serious implications in terms of the health and maintenance of the heart and arteries. For young pregnant women, especially growing teen-age mothers, it can mean that they are more vulnerable to hypertension and other manifestations of preeclampsia. Interestingly enough, although magnesium was used in the treatment of eclampsia—a malignant form of hypertension usually accompanied by convulsions—probably since the turn of the century, it was always used as a drug; very rarely did physicians consider the possibility that perhaps when they administered the magnesium, they were providing something the pregnant women weren't getting enough of.

Post: If magnesium has so many benefits, why don't more doctors recommend it to their patients?

Dr. Seelig: Physicians quite rightly do not want to use something they cannot ascertain the effects of or to which they cannot clearly attribute specific effects. This has been a problem with magnesium, because until recently magnesium levels were very difficult to measure accurately in the body. The usual procedure is to measure the serum level. Unfortunately, serum determinations are not very valuable unless the individual has a very low magnesium level or a very high level, either of which can indicate magnesium deficiency—from dietary inadequacies, alcohol intake, disease, or treatment with drugs that increase the kidney's excretion of magnesium. High serum levels of magnesium can reflect kidney disease that prevents normal elimination of large quantities of magnesium.

More recently, there has been interest in measuring magnesium in tissues or in measuring the percentage of retention of magnesium in people with normal kidneys by giving them a slow intravenous drip or intramuscular injection of magnesium. In this way the body cannot avoid getting a large amount of magnesium, and you can ascertain how much is retained. If the individual retains more than 30 percent, there is evidence he is probably low in magnesium to start with.

Because measurement of magnesium was difficult until fairly recently, few medical schools provided much information on this essential mineral. I hate to say it, but relatively little information on nutrition is given in medical schools at the present time. Although our physicians in the United States are aware of magnesium, I hope they will become more so as methodology improves.

• • •

One physician who is certainly aware of what magnesium has to offer is Dr. Charles B. Seelig, Mildred Seelig's son, an internist at the University of Nebraska Medical Center. For the Seeligs, magnesium research is a family affair, as might be expected: "I've been hearing about magnesium since I was ten years old," Charles said.

The younger Dr. Seelig is currently conducting a clinical study on the retention of magnesium in patients who are on diuretics, a group of drugs used to treat hypertension. Preliminary results confirm the conclusions of other studies: diuretics can cause a depletion of magnesium and potassium. But diuretics have been proven very effective in treating hypertension, which raises a troubling paradox: how can a drug that *depletes* magnesium be so effective in treating a condition also *helped* by supplemental magnesium? "Obviously, there are multiple factors involved," Dr. Charles Seelig said. "Just looking at magnesium alone isn't going to be the answer for every individual." The next stage of his research will investigate whether the magnesium levels of patients on diuretics can be maintained by magnesium supplementation.

Does this practicing physician recommend magnesium to his patients? "Generally I do," he said, "but only if they ask about supplements that might be helpful, or if they have a specific medical problem I think magnesium could significantly help. For instance, I think anyone who has a family history of heart disease probably should take magnesium supplements."

Another project from the Seelig family could bring their vast knowledge of magnesium's benefits right into our own homes. The two doctors plan to rewrite Mildred Seelig's magnesium text, a technical volume intended for physicians and researchers, into a book more readily understandable to those of us not as familiar with biochemistry and physiology. If ongoing research continues to confirm the Seeligs' beliefs about the importance of magnesium, we would all be wise to have such a book on our shelves.

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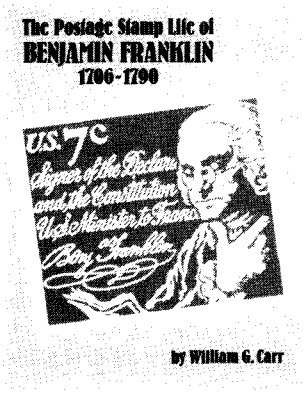

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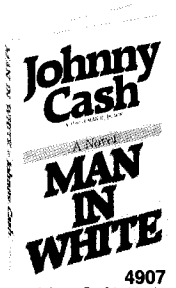

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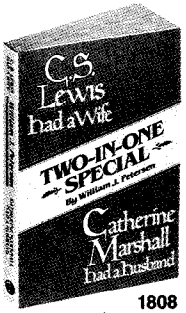

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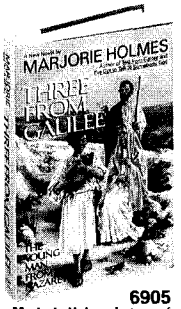

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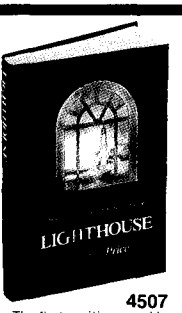

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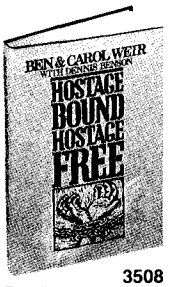

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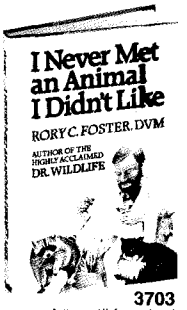

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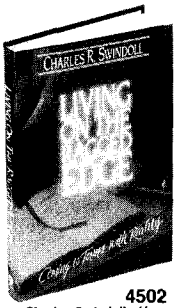

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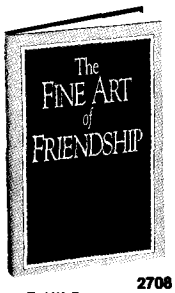

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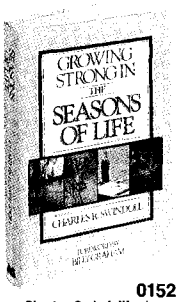

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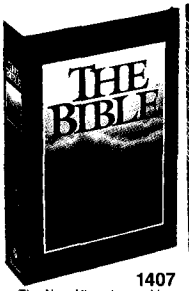

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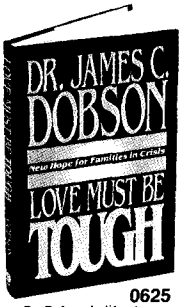

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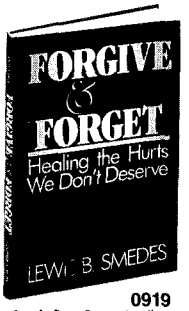

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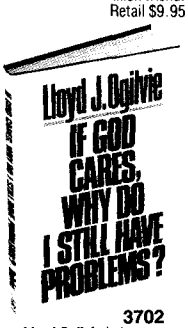

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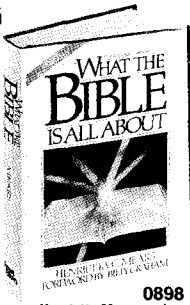

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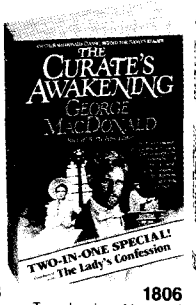

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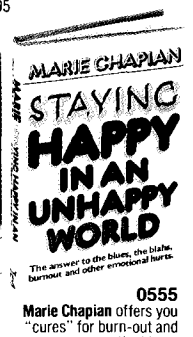

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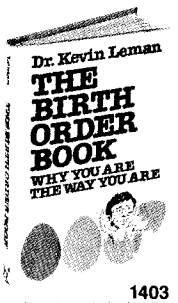

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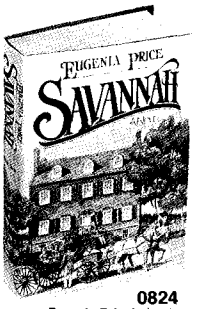

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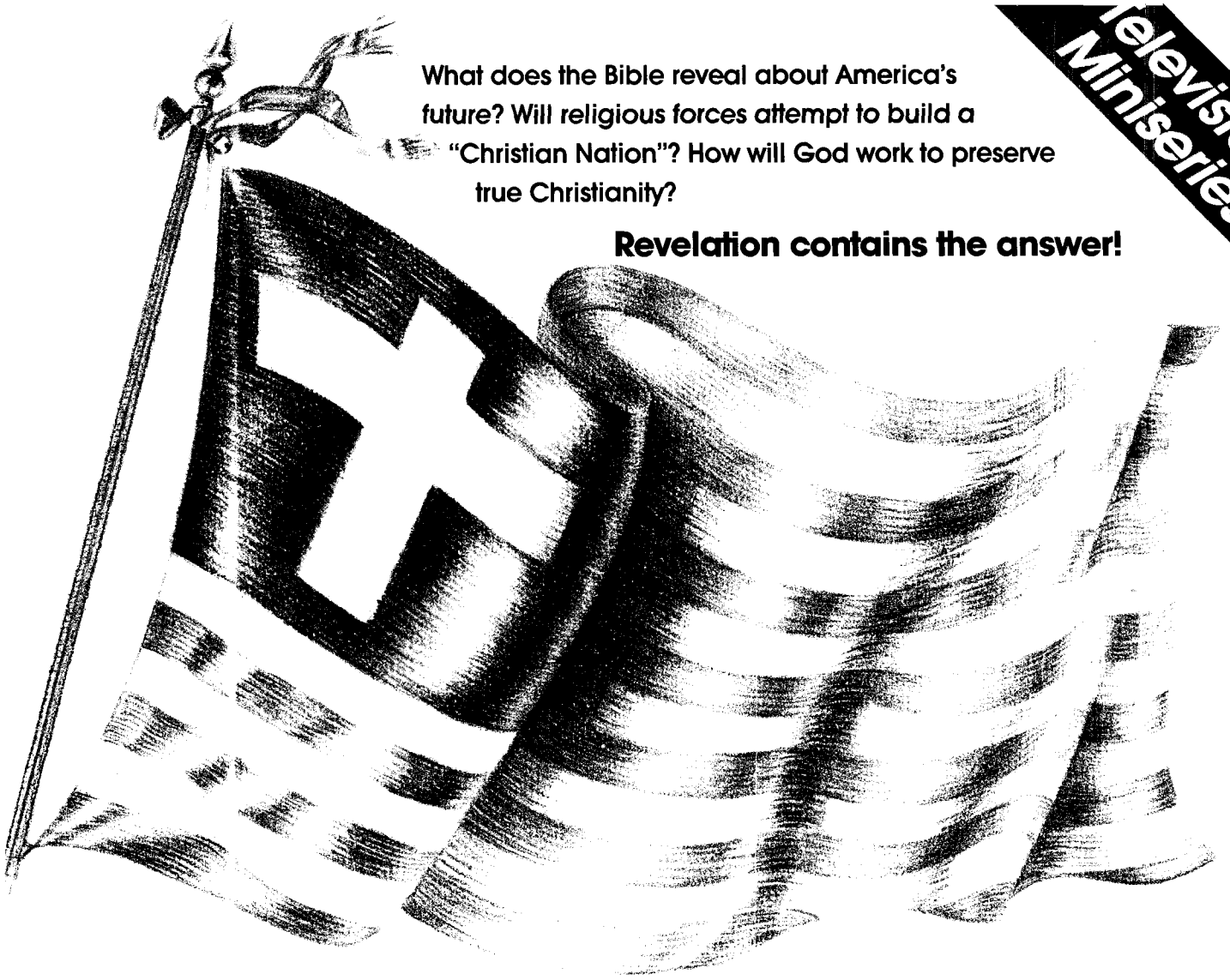

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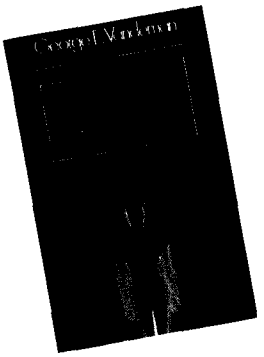

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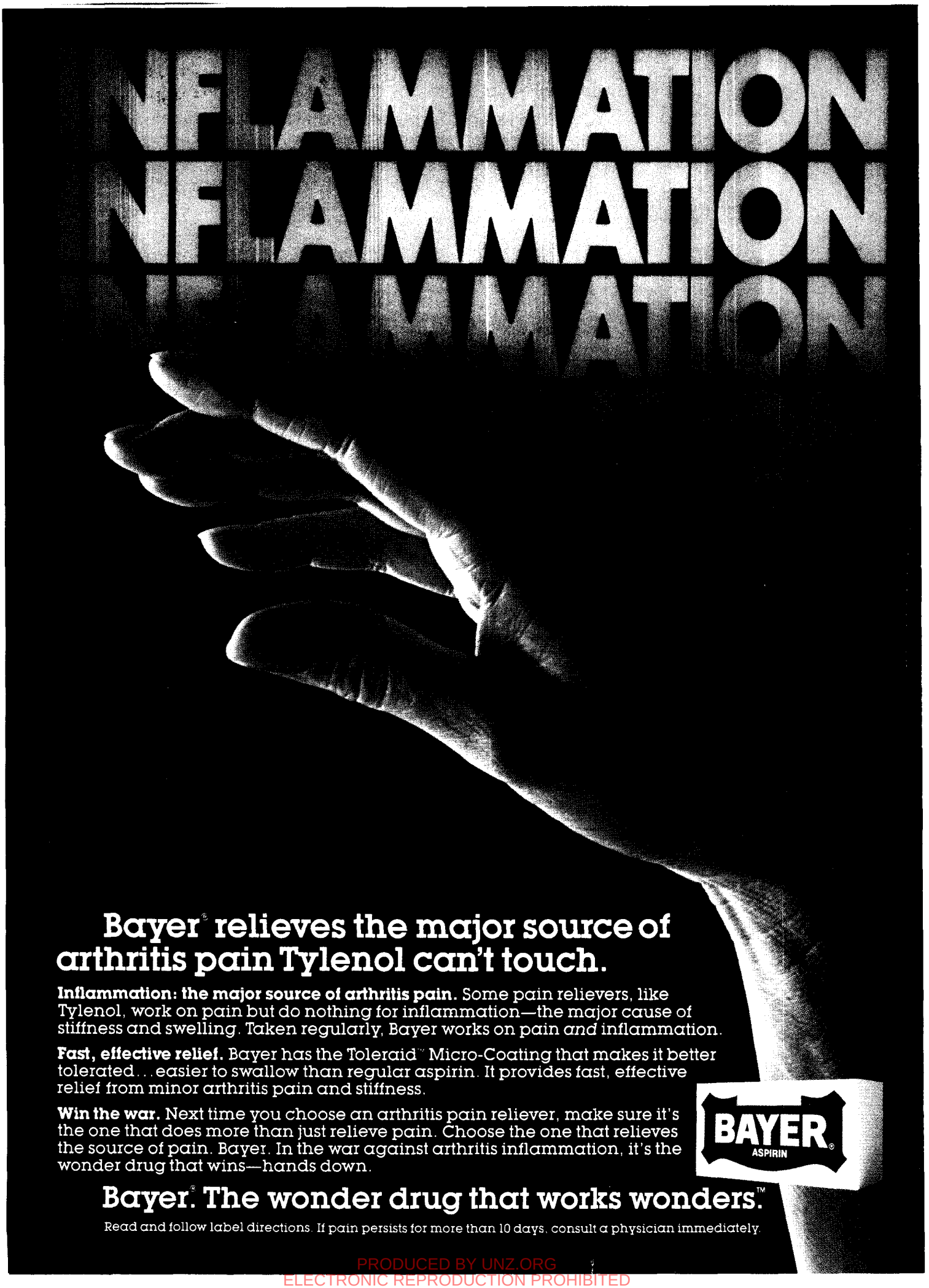

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